



## Nebraska Transition College Course Descriptions

### Theme: **Wellness**

*Theme Description: What does it mean to “be well”? These courses will develop skills to enhance physical and emotional well-being in addition to improving resiliency.*

### **Unlocking Your Best Self \***

Defining wellness as it relates to mindset, personal strengths, setting goals, time management, relationships, stress management and more.

### **Self-Advocacy**

Understanding your disability, identifying accommodations, navigating disclosure, and aspects of self-awareness will be among the topics presented in this class.

### **Health Literacy**

Health Literacy will explore topics such as preventative care, basic medical terminology, and doctor appointments (how to make them, and how to fill out the forms). We will also talk about basic first aid and experts will discuss consumer options for integrated or complementary health approaches.

### **Technology Safety \***

The internet offers convenience for so many necessities in our lives, but it can also present challenges and dangers. This class will address and review online etiquette, an understanding of email safety, virtual friendships, phishing, and online dating safety.

### **Nutrition and Exercise 1**

This course will walk through the basics: Gym etiquette, exposure to different types of physical activity, nutritional plans, strategies for food shopping, restaurant nutrition, and an awareness of balance in your life.

### **Nutrition and Exercise 2**

Now that you know the basics, in this class we learn how to get into a routine, stick to it and document your journey. **Nutrition and Exercise I is a prerequisite.**



### **Theme: Community Navigation**

*Theme Description: Students will learn and operate with the various options available for navigating the community and the various linkages to services and groups necessary to improve well-being and interdependence.*

#### **Public Transportation- (Seminar Class)**

This class will explore the transportation options within your community, whether those options include public or private transportation or identifying reliable friends or family members. This is a seminar class that will incorporate larger blocks of time to plan and execute tasks such as going to the grocery store, a medical appointment, or a friend's residence.

#### **Bridges to Your Community**

To "bridge" is to connect. This course will focus on how to make connections with resources within the community such as disability supports, social clubs and groups, medical and mental health resources, childcare, and much more.

#### **Recreational Exploration**

Communities have places set aside for public recreation and intellectual exploration - parks, libraries, community centers . . . all for citizens to enjoy. How do you find them? Are there costs associated? What are the behavior expectations in different environments? Do you need permission to access them? All questions that will be answered in this course.

#### **Consumer Exploration**

Being an informed consumer means developing strategies to make smart decisions with your money - whether buying groceries (including when to buy in bulk), eating out (healthy, affordable choices), or buying clothes or home furnishings.

#### **Planning and Participating: A Practicum**

How do you host a social gathering? How do you go on vacation? Whether it is a small outing, hosting a birthday party, a major vacation, a day trip, or simply making a reservation at a restaurant, the MOST important first step is planning.



### **Theme: Social Relationships**

*Theme Description: Students will explore the enduring association based on inference, love, solidarity, regular business interactions and other types of social commitments.*

#### **Social Skills I \***

In this course, we will discuss the basics of appropriate behavior expectations in a variety of settings utilizing the evidence-based PEERS® curriculum. We will also discuss topics around effective communication tools/strategies and conflict resolution.

#### **Social Skills II \***

Continuing with the PEERS® curriculum, we will discuss different communication tools to handle bullying. We will also discuss dating etiquette. **Social Skills I is a prerequisite.**

#### **Exploring Relationships \***

Relationships come in many forms, and each has its own set of rules for etiquette. Within each relationship realm, there are nuances that affect how they are initiated and nurtured. We will discuss these realms (family, friends, work), learn about the characteristics that make them different, and discover if/where relationships can successfully intersect - or even change.

#### **Etiquette 101 \***

Whether it's visiting someone in a hospital, online etiquette, attending social and community events, or going to a wedding or funeral, manners matter. In this class, you will learn how to navigate tricky situations with class and ease.

#### **Healthy Romantic Relationships**

This course will explore attitudes, beliefs and values surrounding healthy sexual relationships in an effort to provide the tools to make safe and appropriate decisions regarding their own sexual health and well-being. It will teach information about human anatomy, reproduction, contraception, sexual orientation, sexually transmitted infections, sexual violence and boundaries, and building relationships. Emphasis will be on developing knowledge to inform young adults to make positive personal choices.



### **Theme: Civic Responsibility**

*Theme Description: What does it mean to vote? Are there ways for me to volunteer? Why is this important? Can I make a difference?*

#### Legal Knowledge and the Unexpected

Ignorance of the law is not an excuse. In this course, we will be touching on basic legal issues (including knowing what to do during a traffic stop - or during an arrest), disability rights, legal documents, and much more.

#### Community Participation

Participating in your community extends beyond those you know in work and play. It includes taking personal responsibility for the benefit of all. It means doing things like volunteering, being an informed citizen, jury duty, registering to vote, and being a good neighbor, just to name a few.

### **Theme: Residential Living**

*Theme Description: Students will experience the feeling of “my space” and “shared space”, living with a roommate, and living within an inclusive, integrated community environment.*

#### Planning Your First Home

There is a lot to be done before you can move into a home of your own. In this class, we will be talking about those first steps - including how to find a place to call home, managing money, the rental process and the lease agreement. **Money Matters I is a prerequisite.**

#### Managing Your First Home

In this class, we will talk about successful communication techniques between neighbors and roommates, property managers, and landlords, how to take care of your home, and how to plan for ending your tenancy and moving out. **Planning Your First Home is a prerequisite.**

#### Independent Living Assessment and Practicum (2 Quarters)

Independent Living Assessment and Practicum will take place over the course of two quarters of study. We will cover all components related to researching appropriate living accommodations, living with roommates, maintaining the apartment, and where to go during severe weather. **Readiness Assessment is required prior to enrollment.**



## Theme: *Residential Living* (continued)

### Money Matters (I and II)

Managing your money can become complex. You don't have to be an expert in everything but knowing the basics and being aware of possible pitfalls to identify when and where to go for assistance can make all the difference. We will discuss banking terms, credit and debit cards, understanding your paycheck, taxes, and much more!

**Courses must be taken in order.**

### Moving Out of Your First Home

Moving can be stressful, but it's all about how you prepare for and organize your move. Simple things like labeling your boxes all the way through more complex processes like communicating with the gas, water, and electricity companies will be covered in this course.

### Insurance Basics

Whether it is a car, a home, a rental property, or your life - you need it. But where do you start? In this class, you will learn basic insurance principles, what insurance is for, how much you will need, how to shop around, and when and how to file a claim.



### **Theme: Vocational/Prevocational**

*Theme Description: The focus here will be on developing employability skills, job-readiness, and career choices that align with student interest and the development of natural employer supports.*

#### **Job Seeking and Keeping**

Everything from the resume, to the interview handshake (virtual or in-person), to maximizing your potential at the workplace. You'll find it here.

#### **The Interview**

Depending on who you talk to, hiring managers typically know if they will hire you within the first twenty seconds to fifteen minutes of your interview. In this class, we will talk about first impressions, body language, dressing for success. You will participate in a mock interview and receive meaningful constructive feedback to help prepare you for the real thing! **Job Seeking and Keeping is a prerequisite, or instructor approval.**

#### **Career Exploration and Development**

We will dive into your personal areas of interest, take a look at different levels of training at places of employment and how to maximize opportunities when they are presented.

**\* These are our "Starter Pack" courses for students who are seniors in high school participating as part of their school transition plan.**