

Each semester the College and Career course focuses on a different topic to aid in student development. The following are the course titles and objectives

### Curriculum Overview

Fall	Spring
Person Centered Planning <ul style="list-style-type: none"> <li>• Understanding Self Advocacy</li> <li>• Designing Goals and Resources</li> <li>• Developing and Communicating a Person Centered Plan</li> </ul>	Person Centered Planning part 2 <ul style="list-style-type: none"> <li>• Problem solving and gathering resources to achieve goals</li> <li>• Interview practice/Resume development</li> </ul>
Social Skills <ul style="list-style-type: none"> <li>• Starting, switching, and stopping conversations</li> <li>• Reading social cues</li> <li>• Using social media and electronic communication</li> <li>• Handling disagreements</li> </ul>	Dating & Relationships (taught by national expert) <ul style="list-style-type: none"> <li>• Developing clear communication strategies</li> <li>• Understanding boundaries</li> <li>• Noticing the difference between healthy and unhealthy relationships</li> <li>• How to date</li> </ul>
Cooking and Meal Planning (taught by campus Wellness Center staff) <ul style="list-style-type: none"> <li>• Planning weekly meals</li> <li>• Develop the skills necessary to budget and shop for groceries</li> <li>• Basics of cooking</li> <li>• Understanding what it means to be healthy &amp; and eat healthy meals</li> </ul>	Recreation, Health, & Wellness (taught by campus Wellness Center staff) <ul style="list-style-type: none"> <li>• Learn basic skills for common recreation activities</li> <li>• Learning to manage stress and implement strategies</li> <li>• Creating a balanced life</li> </ul>
Community Service Learning Project <ul style="list-style-type: none"> <li>• Understanding the needs of others and the community</li> <li>• Developing activities to connect with the community</li> </ul>	Life During and After College <ul style="list-style-type: none"> <li>• Learn the value of connecting with community</li> <li>• Join and participate in club, classes, or groups</li> </ul>