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Independent Living Skills (ILS) 0040 Community Transition Level 1 (0 Units)

Prerequisite: Acceptance into the Transition to Independent Living Program

Total Hours: 16 hours lecture; 16 hours lab (32 hours total)

Catalog Description: This course focuses on the skills, goals, and choices needed for a full life in a new transition community. Lessons focus on the premise that students gain personal power when setting goals, identifying learning strengths, and making productive choices, such as identifying transition areas and goals, making a plan of action to reach the goals, and identifying transition needs. A Transition Portfolio will be developed. Activities include class discussions, simple interviews with classmates, and completions of handouts, checklists, and worksheets. Lab will include meeting with parents and to begin developing transition plans.

Type of Class/Course: Non Credit

Texts: None

Additional Required Materials:

Fulton, Louise and R. Silva. *The Transitions Curriculum*. Santa Barbara, CA: Stanfield Company, 1998. Print.

Course Objectives:

By the end of the course, a successful student will be able to

1. identify transition areas and transition goals,
2. make an action plan to reach the goals,
3. identify transition needs,
4. identify Transition Team Members,
5. analyze resources,
6. identify characteristics that describe himself/herself,
7. evaluate self-esteem growth,
8. select roommates and recognizing their characteristics,
9. identify affordable housing,
10. assess progress, and
11. build a Transition Portfolio.

Course Scope, Content, and Student Learning Outcomes:

Unit I Planning the Transition to Independent Living

Learning Outcomes	Assessment
Access needs in transition areas and develop goals	In class exercises, homework, exams
Develop an action plan to reach the goals	In class exercises, homework, exams
Determine needs in transition community	In class exercises, homework, exams
Determine what agencies will be on Transition Team	In class exercises, homework, exams
Apply process to analyze resources	In class exercises, homework, exams
Identify interests, talents, and personality traits	In class exercises, homework, exams
Complete Person Power Self-Assessment	In class exercises, homework, exams
Learn to pick a roommate based on personal characteristics and tastes	In class exercises, homework, exams
Learn about types of affordable housing	In class exercises, homework, exams
Complete assessment and review progress for transition	In class exercises, homework, exams

Learning Activities Required Outside of Class:

The students will spend a minimum of 4 hours per week outside of their regular class time doing the following:

1. Studying
2. Completing homework exercises

Methods of Instruction:

1. Assigned exercises from textbook/workbook
2. Lecture
3. Lab
4. Group work
5. Discussion
6. Individual conference

Methods of Evaluation:

1. Class participation
2. Written homework
3. Quizzes
4. Oral evaluations
5. Exams
6. Midterm and final