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Board approval:

Independent Living Skills (ILS) 0057 Independent Life Level 2 (0 Units)

Prerequisite: Acceptance into the Transition to Independent Living Program

Total Hours: 16 hours lecture

Catalog Description: This course is designed to describe, explain, and teach techniques to manage and resolve the complexities of common off campus living situations: borrowing and lending items, establishing household rules, and exploring the basic respect of and guidelines of personal space. It continues to teach conflict resolution strategies that may be necessary to resolve roommate conflicts.

Type of Class/Course: Non Credit

Texts: Baker, Jed. *Preparing for Life: The Complete Guide for Transitioning to Adulthood for those with Autism and Asperger's Syndrome*. Arlington, TX: Future Horizons Incorporated, 2005. Print.

Additional Required Materials: James Stanfield video collection entitled, "Being with People."

Course Objectives:

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

1. demonstrate proactive and positive assertiveness skills,
2. demonstrate advocacy skills and the importance of establishing house rules,
3. show understanding of key terms in reading and understanding household bills,
4. demonstrate through role playing conflict resolution techniques needed for various roommate situations,
5. independently implement conflict resolution techniques,
6. verbally express problem solving strategies in regard to resolving roommate conflicts,
7. demonstrate the understanding and parameters of SLS (supportive living services),
8. demonstrate the understanding of increased responsibilities that ensue when residing off campus,
9. express strategies to cope with minor household mishaps,
10. express strategies to communicate clearly with roommates,
11. express strategies to respect one another's personal space,
12. demonstrate the parameters of borrowing items, and
13. demonstrate the boundaries of lending.



## Course Scope and Content:

### Unit I Roommate Expectations

- A. Roommate roles
- B. Conflict resolutions
- C. Borrowing items
- D. Lending items
- E. Personal space
- F. Respect

### Unit II Understanding SLS (Supportive Living Services)

- A. Functional role of SLS
- B. Generate grocery lists
- C. Advocacy
- D. Weekly menus
- E. Short term goals
- F. Long term goals

### Unit III Managing a Household

- A. Cleaning responsibilities
- B. Paying bills
- C. Resolving bill discrepancies
- D. Restoring minor household repairs

### Learning Activities Required Outside of Class:

The students will spend a minimum of 6 hours per week outside of their regular class time doing the following:

1. Studying class handouts, worksheets, and supplemental reading articles
2. Completing homework exercises such as worksheets, written handouts, and vignettes

### Methods of Instruction:

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

### Methods of Evaluation:

1. Class participation
2. Written homework



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3. Quizzes
4. Oral evaluations/Role playing
5. Exams
6. Midterm and final