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C&GEd approval: October 11, 2010
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Independent Living Skills (ILS) 0058 Reaching Independence Level 4 (0 Units)

Prerequisite: Independent Living Skills, Independent Life 0056

Prerequisite Skills and Knowledge: Before entering the course, the student should 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.

Total Hours: 16 hours lecture

Catalog Description: This course is designed to describe, explain, and teach techniques to live successfully in an independent dwelling. This course provides the opportunity to gain practical knowledge in regard to living in a supported environment to transitioning to a larger community and living independently.

Type of Class/Course: Non credit

Texts: None

Additional Required Materials: None

Course Objectives:

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

14. demonstrate how to read a bus map,
15. demonstrate how to read the legend,
16. demonstrate organizational skills,

17. verbalize the definition of circle of support,
18. demonstrate comprehension of the parameters of tenant responsibilities,
19. demonstrate comprehension of the parameters of landlord responsibilities,
20. identifies community resources and low cost community activities,
21. identifies transition area community shopping areas,
22. plans and implements an outing that does not exceed twenty dollars,
23. demonstrates the understanding of how to read an apartment floor plan,
24. expresses strategies to greet and interact with neighbors,
25. expresses strategies to communicate clearly with Supportive Living Services (SLS),
26. demonstrates the ability to locate low cost community activities,
27. demonstrates knowledge and use of the circle of support, and
28. demonstrates the care, function and organization of furniture.

Course Scope and Content:

Unit I Understanding your apartment

- A. Purchasing and caring for household furniture
- B. Apartment floor plans
- C. Roommates roles
- D. Landlord responsibilities
- E. Tenant rights and responsibilities
- F. Apartment safety plan
- G. Emergency supplies

Unit II Communication Strategies

- A. Introductions
- B. Placing phone calls
- C. Contacting landlords or property management companies
- D. Emailing
- E. Communication logs
- F. Follow-up phone calls

Unit III Community Transition

- A. Reading public transportation maps
- B. Utilizing systems of support
- C. Move-in procedures and organization
- D. Accessing community resources
- E. Contacting service providers

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