



PREP4SUCCESS
FALL 2021
REGISTRATION
NOW OPEN!

Prep4Success: Innovative Transition Services Pilot!

Prep4Success is curriculum-based and a goal-driven opportunity for young adults. This pilot allows individuals without a consistent schedule the opportunity to continue practicing and developing skills as they work towards securing future employment, day programming, or other services. The Prep4Success curriculum is delivered in 4-week intervals, with a new course topic every 4-weeks. Activities include hands-on learning experience, roleplaying, group discussions, and educational games. With three scheduling possibilities, select the option that works best for you!



Fall 2021 Sign-up Options Include:

Option:	Option 1:	Option 2:	Option 3:
Length:	12-Weeks	8-Weeks	4-Weeks
Meets Weekly On:	Monday & Wednesday	Tuesday & Thursday	Tuesday & Thursday
Between:	Sept. 20 th – Dec. 13 th	Oct. 5 th – Dec. 2 nd	Nov. 2 nd – Dec. 2 nd
Time:	3:30 - 5:00 PM	2:30 - 4:00 PM	9:30 - 11:00 AM
Location:	In-Person*	Hybrid (Tues/In-Person*, Thurs/Zoom)	In-Person*
Course Topics:	3 Course Topics: Nothing About Me Without Me Discovery & Exploration- Part 1 Discovery & Exploration- Part 2	2 Course Topics: Nothing About Me Without Me Discovery & Exploration- Part 2	1 Course Topic: Technology, Beyond the Basics

Course Descriptions Explained on Following Page

*All in-person meetings of Prep4Success occur at The Arc Westchester located at **265 Saw Mill River Rd. Hawthorne, NY. 10532**. Note: Transportation is not provided. The ratio is 1:6. Required health precautions include but are not limited to - masks, social distancing, and disinfecting.

Space is limited. [Online Application](#) is required. Click [HERE](#) for Application & Sign-up.

Contact Jacie Feuer at The Arc Westchester via email at jfeuer@arcwestchester.org with questions.



Fall 2021 | Course Descriptions

The Prep4Success curriculum is delivered in 4-week intervals, with a new course topic every 4-weeks. See the sign-up options on page 1 for course topics offered based on chosen schedule option.

Nothing About Me Without Me!

Nothing About Me Without Me is a foundation for self-advocacy, whether at home, in the workforce, or an educational setting. During this course, participants will practice problem-solving everyday situations like handling a missed ParaTransit ride or needing help with a new task at work. Individuals will identify their circle of support and different topics to approach their support team. Nothing About Me Without Me explores some of the options after high school, such as; employment, transition programs, and day programs. Course participants will add to their toolbox and gain confidence as they navigate adulthood.

Discovery and Exploration – Part 1:

This course is an excellent opportunity for young adults to discover their interests, learning styles, preferences, and skills. Individuals participating in Exploration & Discovery-Part 1 will assess their likes/dislikes, environmental and learning preferences. Through mock workstations, individuals will try new tasks, test their skills, and explore their interests. In addition to hands-on learning, individuals will attend virtual tours of different settings within the local community to discover other environmental preferences.

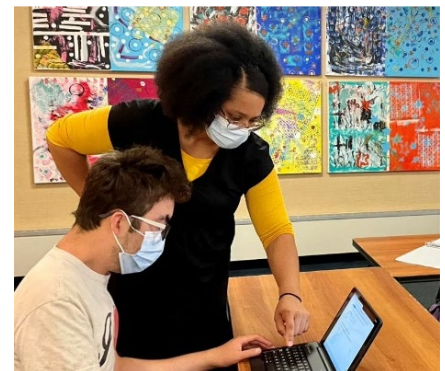


Discovery and Exploration – Part 2:

During Part 2, participants will use their experience and interests to create an About Me portfolio. Individuals will organize their volunteer/work experience, references, skills, and interests into a cohesive working document. Individuals will then use this information to guide them to develop a blueprint for short-term and long-term goals. This course will simulate the current hiring process to allow participants to practice skills needed to get and keep a job. At the end of this course, individuals will understand their strengths, challenges, and preferences as they navigate and prepare for their future.

Technology: Beyond the Basics

Technology: Beyond the Basics dives deeper into technology through the mechanics and operation of Microsoft programs, storage drives, and live documents. This course is suitable for young adults who are comfortable typing and have general knowledge and familiarity navigating laptop or iPad applications. Participants will design their own crossword puzzle using Google Spreadsheets and creating a vision board with Word Art and Google Drawings. This course is an excellent opportunity for anyone to enhance their digital skills and creativity with hands-on learning.



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[Transition Services | The Arc Westchester](#)