Outreach Short Courses

Winter & Spring 2022

Be sure to check our [website](#) for new program information, current and future offerings, registration information, and more!

**All programs are subject to change, as we continue to follow CDC guidelines and recommendations.**
Outreach Short Courses offer a variety of activities, paired with support and training designed for students from grade school through high school who are blind and visually impaired. We provide opportunities for school-aged students to focus on areas of the Expanded Core Curriculum (ECC), which play a critical role in allowing students to achieve their highest level of independence. The 9 components of the ECC are important aspects of a student’s Individualized Education Program (IEP).

The Expanded Core Curriculum includes the following areas:

- Compensatory or functional academic skills, including communication modes
- Orientation & mobility
- Social interaction skills
- Independent living skills
- Recreation and leisure skills
- Career education
- Use of assistive technology
- Sensory efficiency skills
- Self-determination

The ECC can be difficult to address within a structured school day. Outreach Short Courses provide training and reinforcement of these vital skills during weekends, school vacations, and summer breaks. (For more information on the ECC, Click Here!)

Staff work with family members and teachers to identify the best program fit for each student. The goal is to encourage and support families in carrying over the skills into the home and school environment. Following each program, a short report on the student’s participation is sent to families as well as their funding source.

To join our mailing list or for any further information, please contact:

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I Can Cook (Ages 8-12)
January 22, 2022
**Virtual Offering**
Program Cost: $450

Join us for an introductory opportunity to be exposed to all aspects of kitchen and culinary exploration while exploring adapted equipment, learning about kitchen safety and awareness, navigating a kitchen and much more. Washing, prepping, mixing, serving and cutting will be some of the many skills and activities that will be explored.

“Getting kids involved in the kitchen can help change behaviors early and empower children to develop good life-long eating habits. Kids who learn how to cook tend to eat more nutritious foods and they’re learning a skill that is very important.”
-Eric Meredith, Med, MS, RD, CHES
Creator of Health Heroes Comics

This program targets several ECC skills with particular focus on the following:

- Independent Living Skills
- Career Education
- Use of Assistive Technology
- Recreation & Leisure Skills
- Social Interaction Skills
- Self-determination
Outreach Attends:
New England Blind & Visually Impaired Ski Festival
(NEVI FEST)

February 13-17, 2022 (Sunday-Thursday)

**Acceptances for this year's program have been made—consider applying next year!!**

Students will gather on the Perkins campus on Sunday morning and then travel by bus to join others at Sugarloaf Mountain in Carrabassett Valley, Maine for 4 days of downhill skiing instruction with Maine Adaptive Sports & Recreation. The festival is designed to create a unique social, recreational, and educational experience for skiers of all abilities. The group will stay at the Sugarloaf Mountain Hotel and return back to Perkins on Thursday evening. To participate in this program, students must be independent with their daily living skills and have the endurance to participate in 4 full days of physical activity. Space is extremely limited; acceptances will not be made on a first come first serve basis.

By the end of this program, students should:
- Gain skills in adapted skiing and be familiar with common ski terminology & techniques
- Learn about teamwork and make new social connections
- Be more confident in their ability to navigate around unfamiliar areas (i.e. hotel rooms, restaurants, ski lodge, etc.)
- Be aware of potential careers and/or volunteer opportunities in adapted recreation
- Feel more confident and comfortable explaining their needs and know how to request adaptations as they relate to involvement in sports

Program Cost: $2,000
Pre-Employment Program
Ages 16-22
February 20-25, 2022 (Sunday-Friday)

In Person programming has been suspended at this time due to rise in COVID cases -- Alternatively we will be offering a hybrid program, see below for more information

The Pre-Employment Program (PEP) is an intensive week-long program on Perkins Campus that equips blind or visually impaired young adults with the skills necessary for workplace success. The program includes: resume writing, networking and interviewing skills. Highlights include: job site visits at companies like Google (pending CDC guidelines), mock interviews with HR representatives from different corporations, and more!

Critical skills at a critical age

- Applicable for students prior to internships, summer employment, college work-study jobs and careers
- Designed in collaboration with Dr. Karen Wolfe, a renowned international expert on career counseling for people who are blind or visually impaired, and led by Perkins educators
- Real-life perspective from successful leading corporations such as Google, Tufts Health Plan, Spaulding Rehabilitation Network, Winter Wyman, Wells Fargo and Harvard Pilgrim Health Care

This program targets several ECC skills with particular focus on the following:

- Assistive Technology
- Orientation and Mobility
- Independent Living Skills
- Self-determination
- Career Education

Program Cost: $4,000

*This program qualifies for Pre-ETS funding in Massachusetts. Please contact Massachusetts State Commission for the Blind for more information.
February Break Hybrid Programming

Join us!
- 2 outdoor meetups
- 3 days of virtual drop-ins
- Countless hours of fun and engagement with others!

Program Description:
Join us in person and/or virtually for a variety of activity opportunities with peers of all ages who are blind and visually impaired.
- On Monday and Thursday mornings we will offer a meet-up at two different locations (time and location TBD) and participate in a hike/braille trail exploration, ice-skate or snowshoe! (*Participants must be accompanied by a parent or guardian*)
- Tuesday, Wednesday, and Friday join us for a variety of drop-in sessions via Zoom! Sessions will include:
  - Jeopardy/Trivia
  - Panel discussions with adults and mentors in the field
  - Adaptive Tech show and tell (student led)
  - Social hang-outs/movie nights
  - Independent living skills sessions
  - And more!

To learn more or to sign-up visit our [website](#)!

Upon registration, you will receive additional program information including a detailed schedule, meet-up locations and directions, and zoom meeting links.

Program Cost: $1000
**Girls Weekend** for Ages 12-22  
March 25–27, 2022  
Perkins Campus  
Cost: $450

Young women face unique obstacles and challenges growing up. In order to empower them, it is necessary that they meet and learn from strong female role models outside of their immediate family and explore topics of femininity with their peers. This weekend is designed to give girls a safe space to learn from each other and female instructors as well as to give them an opportunity to just be girls.

*This program targets the following ECC skills:*

- Self Determination  
- Independent Living Skills  
- Social and  
- Recreation Skills

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**Camp Abilities** for Ages 12-22  
April 17-21, 2022  
Perkins Campus  
Cost: $1,500

Camp Abilities is a comprehensive developmental sports program for students who are blind or visually impaired. Activities may include aquatics, track and field, goalball, gymnastics, tandem biking, beep baseball, Power Showdown, bocce, horseback riding, bowling, dancing, rowing and rock climbing. By the end of this program, students should:

- Learn how to access fitness facilities in their own communities and learn basic fitness concepts  
- Increase their knowledge of the types of sports an individual with vision loss can participate in  
- Learn about teamwork and make new social connections  
- Increase confidence and feel more comfortable explaining their needs and know how to request adaptations as they relate to involvement in sports  
- Have new motivation to pursue extracurricular and sport opportunities in their schools and communities

*This program targets several ECC skills with particular focus on the following:*

- Recreation & Leisure Skills  
- Self-Determination  
- Orientation & Mobility  
- Independent living skills
**Marine Weekend** for Ages 16-22
May 20-22, 2022
Perkins Campus
Cost: $450

This program will empower students by exposing them to activities designed and instructed by practicing scientists. Students will meet at Perkins before traveling to the Woods Hole Oceanographic Institute (WHOI) to learn about current trends and practices in marine sciences. Dr. Amy Bower, a visually impaired Marine biologist at WHOI, will help develop programming for the Outreach students and, schedule permitting, be part of the instructional team.

*By the end of this program students will:*

- Learn about current trends and gain exposure to current research and career opportunities in Marine Sciences
- Gain familiarity with terminology and research practices used in the field
- Learn about adaptations used by practicing scientists in the field who are visually impaired
- Make new social connections through activities with peers with vision loss

*Date and theme subject to change*

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Looking Ahead!
Summer 2022 Programming

Summer 3-Week “Skills Academy” - June 2022 (TBD)
● Residential program offering intensive skills training, socialization and recreational activities and opportunities to improve self-confidence for students ages 13-22.

Summer 5-Week “World of Work” - July 2022 (TBD)
● Residential program offering students ages 16-22 with an opportunity to live in apartment style housing while participating in an internship opportunity and learning the skills necessary for independently living with a visual impairment and preparing for the workforce.

Explore Boston - August 2022 (TBD)*
● Residential program offering students ages 6-12 an opportunity to engage all of their senses through exploring the many attractions the city of Boston has to offer.
*This program will be based on guidance from CDC and DESE.