

# Life Launch Curriculum: Year One

## Apartment Living

Led by an Occupational Therapist, students learn the essential skills needed to live as independently as possible. The curriculum is designed to progressively build upon foundational skills, guiding students through increasingly complex tasks and challenges. Students will work towards mastery of basic personal hygiene and simple meal preparation. They will create and manage a personal budget, learn to keep their living space clean, and plan activities that promote an active lifestyle. The curriculum is individualized and adaptable to meet each student's unique needs.

## Communications

Through interactive lessons, role-playing, and real-world scenarios, students will develop communication skills to build community connections and access job opportunities. The course covers active listening, nonverbal communication, expressing needs, and navigating social situations. Students will practice interview skills, build relationships with colleagues, and explore strategies to communicate their disability identity and needs.

## Pathways to Employment

This dynamic course offers a blend of group instruction and personalized work experiences to help students prepare for meaningful employment. Students will explore their personal interests and strengths, identify potential career paths, and develop an understanding of workplace expectations. They will complete job applications, develop resumes and practicing interview skills with potential employers. This comprehensive approach equips students with the confidence and skills necessary to navigate the world of work and achieve their employment goals.



## Digital Literacy

Led by an Assistive Technology specialist, this course is designed to empower students with essential digital literacy skills that allow them to access appropriate accommodations, and developing practical skills for job applications and professional networking. Students will learn to navigate computers and digital devices and will gain the confidence to use technology for independence and employment.

## Nutrition & Fitness

Through a combination of classroom and community-based instruction, students will learn how to maintain a healthy lifestyle through balanced nutrition and adaptive fitness. They will make informed decisions that enhance well-being and create habits tailored to their needs. The fitness component is inclusive, offering adaptive techniques to stay active. Students will participate in practical sessions to develop movement skills, and set personal fitness and nutrition goals. They will also learn to monitor progress, overcome barriers, and stay motivated in reaching their health goals.

## Health and Relationships

This course empowers students with disabilities to make informed decisions about their bodies, relationships, and health in a supportive, inclusive environment. Students will explore topics such as anatomy, reproductive health, consent, and self-advocacy. The curriculum promotes positive body image, healthy relationships, and self-esteem. Students will engage in open dialogue to ask questions, share experiences, and develop decision-making skills. The course also covers rights, boundaries, and personal safety, with guest speakers providing valuable insights on these topics.

## Advocacy and Activism

This comprehensive curriculum combines theoretical knowledge with practical skills and real-world activities, empowering students to become effective advocates for themselves and others. The course will explore key issues related to social justice and human rights with opportunities for self exploration. Students will develop empathy, respect, and advocacy skills to support inclusion and accessibility in their communities.



## Financial Literacy

This course provides foundational financial literacy education and explores topics like earning, spending, saving, budgeting, taxes, credit, and debt. Students will learn to use online banking, set financial goals and manage their own budgets and bank accounts. Practical exercises and real-world scenarios help students make informed financial decisions and develop the skills to manage their earnings and plan for long-term financial stability.



## Individualized Services

Students will receive one-to-one support in **Assistive Technology, Job Coaching, Transition Counseling, Vision Services** and **Orientation and Mobility**.

