

## SUPPORTING LIFE SKILLS DEVELOPMENT DURING A TYPICAL COLLEGE DAY

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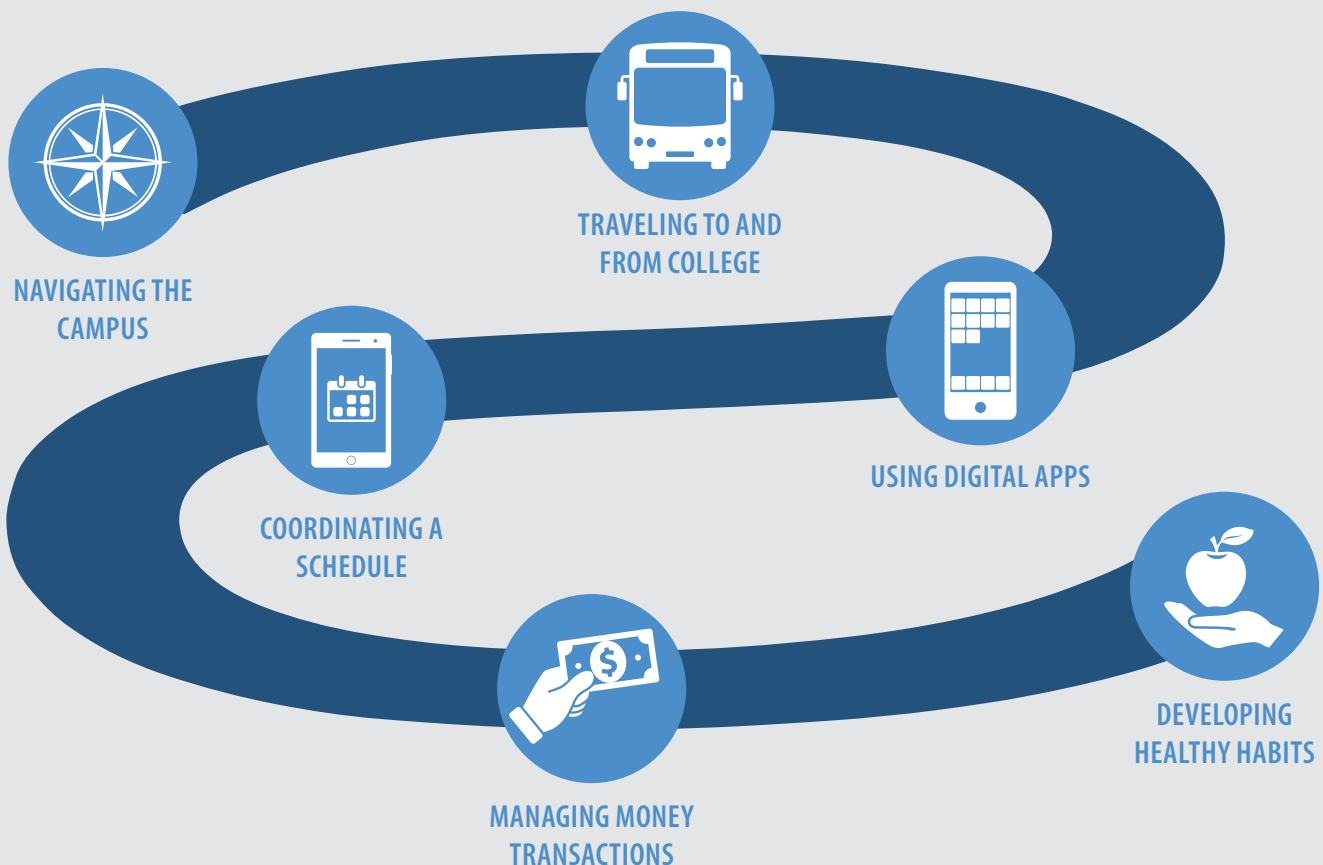
Issue No. 1

### INTRODUCTION

Students who receive transition services and attend college have many opportunities throughout the day to develop and use life skills. In fact, the more students stay on campus, the more opportunities they have to use these skills in natural contexts and with natural cues.

Sometimes, IEP teams are tempted to address learning goals in high school settings where these skills were traditionally taught. However, as students transition to more age-appropriate settings, we have an ideal opportunity to teach them the life skills that are needed at college and beyond.

### LEARNING LIFE SKILLS ON CAMPUS



### Inclusive Dual Enrollment Student Support for College Success

These fact sheets summarize best practices for coaches and mentors who support dually enrolled students with intellectual disabilities and autism on college campuses. A list of related items for an educational coach professional portfolio is included.

## COORDINATING A SCHEDULE

Students starting college are often not used to coordinating their own appointments with disability services counselors, faculty, tutors, peer mentors, and educational coaches. They also must learn to keep track of class schedules and assignment deadlines.



Introducing students to a paper or digital planner before and throughout the first semester helps them to manage their own day. Coaches and mentors can help students learn to make and keep appointments, record deadlines, and refer to their schedules daily and weekly.

## TRAVEL TO AND FROM COLLEGE

Students are encouraged to use public transportation to get to college and work. They may need support to choose the best mode: bus, car pool, ride-sharing service, or public transportation. In some cases, students may need support to apply for and confirm their eligibility for accessible transportation.



Once transportation options are identified, support staff assist students to arrange pick-ups and drop-offs, and to read schedules on their phones or on paper. Staff can instruct students to learn their route, stay safe and aware while traveling, and be ready to problem-solve.

## NAVIGATING THE CAMPUS

Once on campus, students need to navigate their way to classes, as well as to the dining centers, student lounge, library, and fitness center. The better students understand the campus, the more opportunities they will have to establish themselves as a college student.



Staff can support students' independence by assisting them to participate in campus tours, the student orientation, and campus clubs. Staff also can teach students to use campus maps to travel to and from classes and around the campus independently.

## MANAGING MONEY TRANSACTIONS

Students can use cash or campus money cards to build money management skills. These transactions create natural opportunities to buy lunch, coffee, textbooks, course supplies, etc."



Staff can instruct students to budget and plan for purchases, and to make deposits into their campus money card account.

## DEVELOPING HEALTHY HABITS

Many dining centers are set up like food courts, with multiple stations. All these options can be tempting, and the array of choices can lead to unhealthy eating habits. Support staff can help students plan their meal purchases, use apps to check nutritional value and calories, or find ways to treat themselves once a week.



## USING DIGITAL APPS

Digital apps help students in their life skills development. With a smartphone or tablet, students can become more independent with digital cues and support. Staff can teach students to use an alarm app to get to class on time or to catch a bus, a scheduling app to record a daily or weekly agenda, or an audio or video app to record an instructor's directions for an assignment.



### Sample products for an education coach portfolio related to life skills development on the campus

- Travel scripts students use to arrange transportation
- Travel training and fading protocol to teach students transportation route(s)
- Directions for students to learn their way around campus and to seek assistance
- Instructions and photos of students managing their money transactions
- List of apps, screenshot of apps students learned to use to manage their own schedule

### Checking in: Are you supporting dually enrolled students to...

- Coordinate their schedule?
- Travel to and from college?
- Navigate the campus?
- Manage money transactions?
- Develop healthy habits?
- Use digital apps?

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**TRANSITION PROJECT**



The Think College Transition Project is funded by an Investing in Innovation Development Grant # U411C130149 from the Office of Innovation and Improvement with matching funds provided by the Peter and Elizabeth C. Tower Foundation. Think College is a project of the Institute for Community Inclusion at the University of Massachusetts Boston.

Special thanks to members of the Think College Transition 'Student Support for College Success' workgroups at Holyoke Community College, Westfield State University, and Bridgewater State University: Tracie DeGrandpre- Abodeeb, Kristin Cerasa, Sherry Elander, Joyce Butler, Alice Boyle, Ashley Rodriguez, Stuart Slawsky, Amy Galaska and Penny Redfern.