

Capstone: Connect to Community Schedule of Classes and Class Descriptions

FALL

Tuesday/Thursday 10:00-11:30am

Capstone 1: Making a Difference in the World Around Me

(14 week: September- December)

Price: \$1,600

Tuesday/Thursday 12:30-2:00pm

Capstone 2: Networking: Making an Impact with Professionalism and Community Outreach

(14 week: September- December)

Price: \$1,600

WINTER

Tuesday/Thursday 10:00-2:00pm

Capstone 3: Wellness Seminar

(2 Week: January)

Price: \$800

SPRING

Tuesday/Thursday 10:00-11:30am

Capstone 4: Harnessing Strength

(14 week: January - May)

Price: \$1,600

Tuesday/Thursday 12:30-2:00pm

Capstone 5: Opening New Worlds: Self Advocacy

(14 week: January - May)

Price: \$1,600

CAPSTONE CLASS DESCRIPTIONS

Capstone 1: Making a Difference in the World Around Me

This course will continue to focus on the “work world”. While the students will be finalizing their professional resumes, practicing interview skills, obtaining and completing employment applications. Students will be completing their electronic portfolios.

Capstone 2: Networking: Making an Impact with Professionalism and Community Outreach

This course will explore a variety of work environments from paid employment settings to individual entrepreneurship and its potential settings. An emphasis is placed on the hidden curriculum of the individual’s workplace. Seminars will provide students with opportunities to share both successes and stressors and seek assistance for conflict resolution within the workplace.

Capstone 3: Wellness Seminar

This class focuses on mindfulness and application of strategies as well as building awareness of emotions and resources for emotional regulation within the community.

Capstone 4: Harnessing our Strengths

This literacy-based course will guide students on making personal decisions and commitments. The course begins with The Three Questions based on a story by Leo Tolstoy. The Three Questions, “When is the best time to do something?” “Who is the most important one?” and “What is the right thing to do?” invite our students to explore the skills of decision making and their impacts on them as individuals and within their social circles.

Capstone 5: Opening New Worlds: Self Advocacy

This course focuses on good decision-making skills. Decision making is a complicated process as it can have far-reaching effects on many people in our lives: whether it is to move into an apartment with a friend, or to commit to the care of another individual or to change jobs. This course attempts to move previously taught concepts and skills into another dimension of adulthood.

Course Schedule and Prices:

Fall: September-December

Capstone 1: Making a Difference in the World Around Me

Price: \$1600

Capstone 2: Harnessing Strength

Price: \$1600

Winter: January Intercession

Capstone 3: Wellness Seminar

Price: \$800

Spring: January-May

Capstone 4: Networking: Making an Impact with Professionalism and Community Outreach

Price: \$1600

Capstone 5: Opening New Worlds: Self Advocacy

Price: \$1600