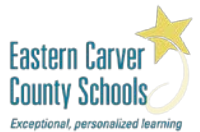


Program Description & Seminar Guide



2018-2019



PROGRAM PURPOSE

The STAR program is a post high school special education transition program available to students of Eastern Carver County Schools as determined by their Individual Education Plan (IEP) team. High School coursework and curriculum is typically no longer appropriate for supporting student progress on individualized goals. The program focuses on the transition areas of employment, post-secondary education or training, and where appropriate independent living. The STAR program is designed to assist students in preparing for success in adult life by focusing on student and team identified transition outcomes. Direct and related services are offered onsite at the STAR program, students may also receive services offsite or via coordination with community, adult services and interagency relationships. Students that attend the STAR program may walk in graduation with their graduating class but will not receive their diploma until completion of the STAR program by accomplishing goals identified by the team or aging out at age 21.

SCHOOL HOURS

The STAR program follows the Eastern Carver County Schools calendar. Students have a variety of individualized schedule and may not need to attend the program full time to make progress on identified goals. For students who attend the program full time the school hours are 8:15-2:45.

ELIGIBILITY

Eligibility is determined by a student's Individual Education Plan (IEP) Team. Students at the STAR program are 18-21 years old, but have not yet received their diploma. The team considers the student's progress toward post high school transition goals and the students' needs related to their disability. Decisions are based upon the results of educational evaluations, progress toward IEP goals, progress in the general education curriculum, and the transition goals of the individual student and parents/guardians as discussed in IEP team meetings.

TRANSITION AREAS

All specialized instruction and services at the STAR program are focused on supporting young adult students in making progress toward their post school transition goals in the areas of post-secondary education and training, employment, and where appropriate independent living.

POST SECONDARY ENROLLMENT OPTIONS (PSEO)

Students that participate in PSEO in high school are eligible for two PSEO years, students who begin PSEO in a transition program are eligible for one year. If a student and their parent/guardian elect to participate in PSEO, work closely with college reps and identified IEP manager to develop a schedule for the semester/ year. The start/ending date of college classes may not coincide with the STAR program term and classes may overlap, in these cases the IEP team can make individualized scheduling decisions based upon student needs. If determined as a need per a student's IEP, the STAR program may support PSEO planning and success (i.e. advocacy, study skills, time management, etc.) at the STAR site in related seminar courses. The students and parents/guardians need to work closely with STAR staff in planning seminar classes and related aspects around attending student/parent choice PSEO courses.

SOUTH WEST METRO EDUCATION COOPERATIVE

STAR Program students may take courses at the SW metro educational cooperative via the relationship that Eastern Carver County Schools has with the cooperative. District 112 provides transportation for students attending classes at SW Metro. Students may be eligible to participate in career and technical coursework off site if determined a need by their IEP team.

SCHEDULING

The STAR program adjust the master seminar schedule twice a year in a semester format. Students are hand scheduled into seminar courses based on individual needs as determined by a student's IEP. Student needs or schedules may change during a term as determined by a student's IEP team. All seminars are not offered each semester. Seminars offered will be aligned to student needs including consideration of graduation plan and timelines.

Seminar Work Types:

O- Off campus connection, C- Community Outings, R- Research Projects, P- Problems/Worksheet, PC- Peer Collaboration, E- On site experiential, G- Guest speakers

DAILY SCHEDULE

Below is an example representation of a daily schedule at STAR. For all students, the day is structured into morning meeting and 6 seminar sections. Although seminars follow the time structures outlined below, some students may have the same schedule every day whereas other students may have some seminars daily or several days a week with each day looking differently depending upon student needs. Schedules are independently determined and modeled after the student's current transition needs with a goal of preparing them for their post STAR transition goals. Students may not need to attend STAR full time to meet the needs identified on their IEP. For example, portions of their day may be at a work site or in offsite coursework or parent/student choice post-secondary education.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|--------------------------------|---------------------------------------|--------------------------------|---------------------------------|--|
| Morning mtg 8:25-8:45 | Work Experience- offsite | Mtg group 2 | Work Experience- offsite | Work Experience- offsite | Mtg group 2 |
| Seminar 1 8:50-9:35 | Work Experience- offsite | Technology seminar | Work Experience- offsite | Work Experience- offsite | Technology seminar |
| Seminar 2 9:40-10:25 | Work Experience- offsite | Job seeking and employment seminar | Work Experience- offsite | Work Experience- offsite | Job seeking and employment seminar |
| Seminar 3 10:30-11:15 | Work Experience- offsite | Application of academics seminar | Work Experience- offsite | Work Experience- offsite | Out of Building |
| Seminar 4a 11:15-11:45 | Transport back to STAR | Meal prep two seminar | Transport back to STAR | Transport back to STAR | Out of Building |
| Seminar 4b 11:45-12:15 | Lunch | Lunch | Lunch | Lunch | Out of Building |
| Seminar 4c 12:15-12:45 | Personal health seminar | Work experience seminar | Work Experience seminar | Personal health seminar | Out of Building |
| Seminar 5 12:50-1:35 | Community resources seminar | Transport home no school | Community resources seminar | Personal finance two seminar | Out of Building |
| Seminar 6 1:40-2:25 | Home living seminar | No school | Home living seminar | Home living seminar | Out of Building |

*the above is just a sample- seminar times and offerings are based upon student need

Each August STAR hosts an open house for all students where individual schedules are reviewed. Not all seminar course are offered each semester, program schedules are determined based on individual needs of students enrolled in the STAR program. The STAR program may change seminar offerings or add seminar courses based on individualized needs.

Seminar Work Types:

O- Off campus connection, C- Community Outings, R- Research Projects, P- Problems/Worksheet, PC- Peer Collaboration, E- On site experiential, G- Guest speakers

Seminar Courses

Community Resources

| | |
|-------------------------------------|---------------|
| Transition Area: Independent Living | |
| Prerequisite: none | Type: C, R, G |

Community resources seminar engages students with community businesses and services. Students will have exposure and practice in many community opportunities including the library, pharmacy, post office, retail stores, medical offices, and many more. Adult services will also be explored including social services and services offered by vocational rehabilitation, the workforce center and other disability services.

Consumer Planning

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|-------------------------------------|---------------|
| Transition Area: Independent Living | |
| Prerequisite: none | Type: C, R, G |

Consumer Planning seminar allows students to focus on all the elements of purchasing. Students will plan purchases, make appropriate list, navigate stores, compare prices, consider value, access and use coupons and make purchases.

Functional Applications of Academics

| | |
|--|------------|
| Transition Area: Post-Secondary Education and Training | |
| Prerequisite: none | Type: R, P |

Functional applications of academics is a seminar designed to support and enhance student's academic skills in the areas of reading, writing, and mathematical skills. The focus is on adult application of academics and utilizing and developing core academic skills required to obtain information, follow directions and engage in effective two way communication across a variety of different environments.

Seminar Work Types:

O- Off campus connection, C- Community Outings, R- Research Projects, P- Problems/Worksheet, PC- Peer Collaboration, E- On site experiential, G- Guest speakers

Genius Hour

| | |
|--|------------|
| Transition Area: Employment, Post-Secondary Education and Training, Independent Living | |
| Prerequisite: none | Type: R, E |

Genius hour is an opportunity for students to explore their own passions and have voice and choice over what they learn related to transition areas and their future goals. Students will identify an interest area, establish questions, research and create a product to share their learning. This seminar supports development of natural curiosity for learning and encourages creativity and independence.

Home Living

| | |
|-------------------------------------|---------------|
| Transition Area: Independent Living | |
| Prerequisite: none | Type: R, P, E |

The home living seminar provides students with skills needed to live as independently as possible in their future home environment. Students will learn about clothing care, home cleaning and maintenance, community emergency response, communication resources, and transportation options.

Job Seeking and Employment

| | |
|-----------------------------|------------------|
| Transition Area: Employment | |
| Prerequisite: none | Type: R, P, E, G |

Job seeking and employment is a star program seminar for students needing support on transition goals related to career exploration and interests, identifying individual strengths and needs, resume building, job searching, and the process of completing applications and interviewing. The seminar will also focus on things to consider when accepting a job such as payment, supports and benefits. The course will also focus on soft skills needed to maintain employment.

Seminar Work Types:

O- Off campus connection, C- Community Outings, R- Research Projects, P- Problems/Worksheet, PC- Peer Collaboration, E- On site experiential, G- Guest speakers

Meal Prep 1

| | |
|-------------------------------------|-------------------|
| Transition Area: Independent Living | |
| Prerequisite: none | Type: C, P, PC, E |

Meal prep one is a seminar designed to expose students to the kitchen environment, identify the appliances and tools in the kitchen, and complete one to two step recipes. Students will learn about portions and nutrition, grocery plan, shop, and develop basic cooking skills.

Meal Prep 2

| | |
|-------------------------------------|----------------------|
| Transition Area: Independent Living | |
| Prerequisite: Meal prep one | Type: C, R, PC, P, E |

Meal prep two seminar builds on and continues to develop the skills taught in meal prep one. Students in this seminar will engage in grocery planning, shopping, and utilize food budgeting skills. Students will also plan meals for themselves, as well as a group, and will cook from more complex recipes of three or more steps.

PAES Lab

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|-----------------------------|---------|
| Transition Area: Employment | |
| Prerequisite: none | Type: E |

The Star program has an on-site PAES lab. PAES stands for Practical Assessment Exploration System (PAES), and is a simulated work environment that allows students the opportunity to develop skills across a variety of employment domains. Students are evaluated at the end of each work opportunity to identify strengths, teach and develop new skills, and provide meaningful work opportunities.

Seminar Work Types:

O- Off campus connection, C- Community Outings, R- Research Projects, P- Problems/Worksheet, PC- Peer Collaboration, E- On site experiential, G- Guest speakers

Personal Finance 1

| | |
|-------------------------------------|------------|
| Transition Area: Independent Living | |
| Prerequisite: none | Type: P, E |

The personal finance one seminar focuses on the independent living skills of money management and purchasing. Students will have exposure and practice with basic finance skills and budgeting.

Personal Finance 2

| | |
|-------------------------------------|------------------|
| Transition Area: Independent Living | |
| Prerequisite: Personal Finance One | Type: C, P, E, G |

Personal finance two is a seminar that builds on the skills students developed in personal finance one and provides opportunity for students to grow in budgeting and money skills. Students will also learn about banking, loans, interest, credit and debit cards, money awareness and safety.

Personal Health

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|-------------------------------------|------------|
| Transition Area: Independent Living | |
| Prerequisite: none | Type: P, E |

The personal health seminar is focused on continuing to grow student's awareness and skills in the areas of grooming, hygiene, medication management, and basic care skills including household first aid.

Seminar Work Types:

O- Off campus connection, C- Community Outings, R- Research Projects, P- Problems/Worksheet, PC- Peer Collaboration, E- On site experiential, G- Guest speakers

Post-Secondary Education Seminar

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|---|---------|
| Transition Area: Post-secondary Education and Training | |
| Prerequisite: Students are enrolled in post-secondary education either through PSEO coursework or SWMetro coursework off site | Type: O |

Post-secondary education seminar is onsite direct instruction and support for students who attend offsite post-secondary education coursework through post-secondary education options, SW Metro options or other student/parent choice or related coursework. Students who take post-secondary education or related career and technical coursework offsite will come together to discuss the following topics: logistics (travel, scheduling), planning for assignments/ work, study skills, course selection, organization, seeking assistance/ advocacy, disability services, progress monitoring and other topics as determined by individualized needs.

Pre-employment

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|-----------------------------|---------|
| Transition Area: Employment | |
| Prerequisite: none | Type: E |

Pre-employment seminar is designed to increase student skills as they prepare to enter the workforce. Skills that are reinforced and supported include time on task, recognizing and utilizing appropriate wait time, asking for assistance, asking appropriate questions, skill exploration and mastery, increasing job skills, work pacing, accuracy, communication skills, and general work environment behaviors.

Recreation and Leisure

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|-------------------------------------|----------------|
| Transition Area: Independent Living | |
| Prerequisite: none | Type: C, PC, E |

The Recreation and Leisure seminar allows students to experience a variety of recreation and leisure opportunities that can be accessed lifelong. Students will engage in recreation hobbies and skills with peers, and increase their awareness of the recreation and leisure options their community offers and how to access these offerings. Students will increase their strength and endurance, and have opportunities to fine tune their sportsmanship and other social skills.

Seminar Work Types:

O- Off campus connection, C- Community Outings, R- Research Projects, P- Problems/Worksheet, PC- Peer Collaboration, E- On site experiential, G- Guest speakers

Self-Determination and Self- Advocacy

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|--|-------------------------|
| Transition Area: Employment, Post-Secondary Education and Training, Independent Living | |
| Prerequisite: none | Type: C, R, P, PC, E, G |

Self-determination and self-advocacy is a seminar that focuses on direct instruction in advocating for oneself and playing an active role in planning for the future. Students will learn about disclosure of disability, appropriate communication of needs and services. Students will also explore their skills, attitude, and interests to guide in future goal setting with a focus on engagement and active contribution to transition planning.

Social Living

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|--|-------------------|
| Transition Area: Employment, Post-Secondary Education and Training, Independent Living | |
| Prerequisite: none | Type: P, PC, E, G |

Social norms seminar will focus on social skills for success across all environments. Students will learn and practice social skills needed to engage in effective two way communication at work and the community. Students will also learn about emotional regulation and coping techniques when dealing with stress and anxiety in the community and at work.

Work Experience

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|-----------------------------|------------|
| Transition Area: Employment | |
| Prerequisite: none | Type: O, E |

Work Experience is an off-site applied work experience opportunity where students get to practice and continue to develop their work skills in a real life setting. Work experience may include work opportunities with Eastern Carver County Schools, identified community partners or independent student job placements.

Seminar Work Types:

O- Off campus connection, C- Community Outings, R- Research Projects, P- Problems/Worksheet, PC- Peer Collaboration, E- On site experiential, G- Guest speakers

Work Experience Seminar

| | |
|-----------------------------|-------------------|
| Transition Area: Employment | |
| Prerequisite: none | Type: O, R, P, PC |

Work Experience Seminar is a classroom opportunity for Star students with a focus on honing the skills used by students in their current work placement. Students are given continuous feedback through performance reviews, and are supported to advocate for the supports and assistances available to them in their employment environments to resolve conflicts and refine their work skills.

Seminar Work Types:

O- Off campus connection, C- Community Outings, R- Research Projects, P- Problems/Worksheet, PC- Peer Collaboration, E- On site experiential, G- Guest speakers