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Chester County
Intermediate Unit

Aspire

Preparing Students for a Successful College
Experience

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+ **Aspire**

- Supporting transition to College life
- Students 17-21

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+ Student is college bound

Considerations

- College preparedness (College Prep, completion of Highschool credit requirements)
- Completion of SATs/ACTs
- Review academic supports and assure IEP is inclusive
- Student awareness of disclosure of disability
- Participation in IEP meetings
- Self-Advocacy, understanding needs and requesting supports

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+ Summer Program Highlights

- Preview day in June (when overnight)
- Program runs in Post summer session at West Chester University. 2021 will be July 26-July 30
- Typically - 5 Nights in College Dorm setting on West Chester University Campus (Typical vs. Suite)
 - Co-Ed dorm, shared rooms, public bathrooms
 - 2021 Day only
- Workshop - course
 - Society and Social Reasoning
- Afternoon Seminars
- Supervised evenings and overnights (when overnights resume)



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+ Society And Social Reasoning



- Workshop coursework offers a survey of the developmental process of adolescents and the challenges they may face as they transition from childhood into adulthood.
- Workshop mimics rigor of a college course. (no longer 1 credit)
- ***Book required for workshop can be obtained from Amazon.com – information included in acceptance letter***
- 3 hours, daily
- Assignments as part of the workshop include:
 - Reading assignments for class participation
 - In class group project
 - Written assignment
 - Final exam
- Mentors and staff are available to offer guidance

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+ Seminars



- Assistive Technology
- Emotional Regulation – Mindfulness and Stress Reduction/
Safety
- Transportation/Travel Safety- Navigating an unfamiliar
community
- Office of Services for Students with Disabilities
- Career Exploration and Portfolio development

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+ Aspire Enhancement Groups

- Session 1 College Acclimation
- Session 2 Sharing a Space
- Session 3 Independent Living on Campus
- Session 4 Guest speaker – Office Of Vocational Rehabilitation
- Session 5 Career Preparation

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+ Supervised Evenings/Overnights (when able to resume)

Supports provided by Mentors

- Support participation in identifying social activities in the evening
- Reinforced independent completion of assignments
- Provide support for making social connections
- Provide support for anxiety related issues
- Check in with students daily to see if they need anything
- Traveling the campus community
- Helping with time management related to study habits
- Exploring career interests if desired
- Share experiences related to being a college student

All have clearances

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+ Summer Program Student Achievements

- ✓ Identify College Readiness
- ✓ Making Peer Connections
- ✓ Successful completion of a workshop designed at rigor of college coursework
- ✓ Increasing self awareness of one's abilities and needs
- ✓ Sharing a room and community space
- ✓ Developing self advocacy
- ✓ Navigating on campus and off
- ✓ Managing one's time and schedule
- ✓ Overcoming stressors

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+ Student Feedback

- "I can get along with someone when I am sharing a room with them."
- "I learned I am more likely to seek help from an authority figure when I don't have my parents to rely on to get help for me."
- "I am better suited for college life than I thought."
- "Experience is as important as intelligence."
- "I learned that afternoon classes would be better for me."
- "I learned I can work past problems."

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ASPIRE ACADEMIC YEAR

- Academic coaching and instruction
- One college course per Fall and Spring semester
- Executive functioning, coping with stress, and mindfulness
- Career awareness
- Travel training screen
- Have completed course work for graduation; additional transitional skill area support needed
- One year only program option



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DISCOVER SERVICES

- Vocational assessment
- Individual & group community-based vocational exploration
- Work experiences
- 1:1 guidance and support
- Pre-employment training
- Work readiness instruction



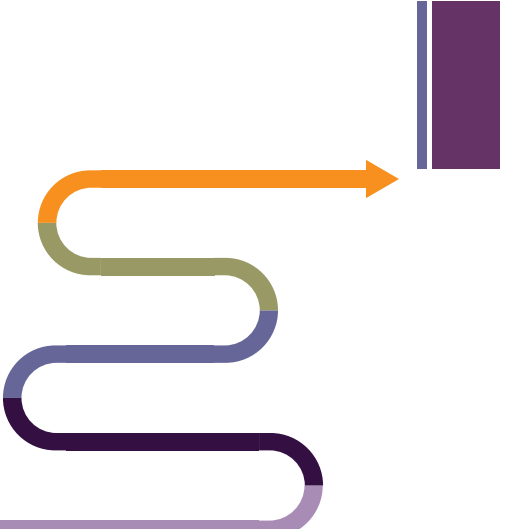
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TRAVEL TRAINING

- Assessment – two part (internal/external)
- Navigating safely and independently in the community
- To and from work sites and/or community resources associated with independent living
- Use of public transportation (temporary hold)



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Q and A

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