

The Mountaineers Program is designed for young adults requiring structured learning activities which support gaining true independence with self care, healthy living practices and taking responsibility for maintaining a balanced lifestyle. These modules are built to provide foundational success in developing stronger skill sets for mastering everyday tasks with less prompting from family members and/or peer mentors. Through weekly practice challenges, planning exercises and the use of digital tools, participants in the course will gradually improve self awareness of the personal responsibilities required to climb the 'Mountain of Independence'.

**PROGRAM SCHEDULE: Every Wednesday Morning (10:30 AM to 12:00 PM)**

**PROGRAM FEES: \$175 per module (4 weeks for per module)**

**START DATE: September 2, 2020**

MODULE	THEMES	ACTIVITIES	
<b>Module 1</b> Daily Routines and Sleep Wellness	Maintain a Regular Schedule, Sleep Patterns and Device Use	<ul style="list-style-type: none"> <li>• Consistent Sleep Patterns</li> <li>• Setting up Devices to Support Routines and Reminders</li> <li>• A Balanced Day with Devices</li> </ul>	Sept 1 - Sept 25
<b>Module 2</b> Health Management	Medications, Appointments and Advocating to Health Care Providers	<ul style="list-style-type: none"> <li>• Medication Management</li> <li>• Scheduling Appointments</li> <li>• Speaking with Professionals</li> <li>• Ordering Prescriptions</li> </ul>	Sept 29 - Oct 23
<b>Module 3</b> Nutrition Needs	Healthy Plates, Shopping and Portion Sizing	<ul style="list-style-type: none"> <li>• Healthy Meal Plans</li> <li>• Budget Shopping for Good Food</li> <li>• Kitchen Safety</li> </ul>	Oct 26 - Nov 20
<b>Module 4</b> Exercising Your Mind and Body	Physical and Mental Wellness	<ul style="list-style-type: none"> <li>• Modified Exercise Programs</li> <li>• Creating Calm</li> <li>• Wearable Technologies</li> </ul>	Nov 23 - Dec 18
<b>Module 5</b> Hygiene Habits	The Ins and Outs of Taking Care of Your Body Long-Term	<ul style="list-style-type: none"> <li>• Product Reviews</li> <li>• Personalized Checklists</li> <li>• Practice Scenarios</li> </ul>	Feb 1 - Feb 26
<b>Module 6</b> Relationship Building	Progression of Friendship, Social Dynamics	<ul style="list-style-type: none"> <li>• Face to Face Relationships</li> <li>• Social Media Relationships</li> <li>• Building Your Social Intelligence</li> </ul>	Mar 1 - Apr 2 <i>(March Break from 14 - 20)</i>
<b>Module 7</b> Planning vs Doing	Visualizing a To-Do Lists vs Checking Tasks Off	<ul style="list-style-type: none"> <li>• Goals vs Action Plans</li> <li>• Visualization Exercises</li> <li>• Apps for Organization</li> </ul>	Apr 6 - Apr 30
<b>Module 8</b> Balancing What's Personal	<ul style="list-style-type: none"> <li>• Healthy Life Platter</li> <li>• Staying Motivated</li> <li>• Getting Help if Needed</li> </ul>	<ul style="list-style-type: none"> <li>• Growth Mindset</li> <li>• Grit and Self Determination</li> <li>• Life in Balance</li> </ul>	May 3 - May 28

\*Please note, Module content and/or order of delivery date is subject to change based on curricular revisions to accommodate student profiles and continuity of learning trends. Please check your monthly program news for updates.