

# Program Description & Seminar Guide



### **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 schedules based on their IEP needs, employment, post secondary attendance, and outside services. STAR program school hours are 7:45am-2:15pm.

### **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 when 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 adjusts 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.

## DAILY SCHEDULE

Below is an example representation of a daily schedule at STAR. For all students, the day is structured into morning meeting, seminar sections, WIN times and afternoon meeting. 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 Meeting 7:45-8:15 am	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting
Seminar 1 8:15-9:15 am	Employment 8:30-10:30 am	Employment 8:30-10:30 am	Employment 8:30-10:30 am	Employment 8:30-10:30 am	Employment 8:30-10:30 am
Seminar 2 9:15-10:45 am	Employment 8:30-10:30 am	Employment 8:30-10:30 am	Employment 8:30-10:30 am	Employment 8:30-10:30 am	Employment 8:30-10:30 am
Lunch 1/Win 10:45-11:15 am	Student Lunch Period	Student Lunch Period	Student Lunch Period	Student Lunch Period	Student Lunch Period
Lunch 2/Win 11:15-11:45 am	WIN	WIN	WIN	WIN	WIN
Lunch 3/Win 11:45am-12:15 pm	WIN	WIN	WIN	WIN	WIN
Seminar 3 12:15-1:45 pm	Application of Academics	Meal Prep	Community Outing	Consumer Planning	Rec Leisure
Afternoon Meeting 1:45-2:15pm	Afternoon Meeting	Afternoon Meeting	Afternoon Meeting	Afternoon Meeting	Afternoon Meeting

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

Each August STAR hosts individual intake meetings for all new students. 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 Courses

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## Community Resources

Transition Area: Independent Living

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

Transition Area: Independent Living

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

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.

## Home Living

Transition Area: Independent Living

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

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.

## **Meal Prep**

Transition Area: Independent Living

Meal prep 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. Students in this seminar will also engage in grocery planning, shopping, and utilize food budgeting skills. Students will plan meals for themselves, as well as a group, and will cook from more complex recipes of three or more steps.

## **Personal Finance**

Transition Area: Independent Living

The personal finance focuses on the independent living skills of money management and purchasing. Students will have exposure and practice with basic finance skills and budgeting. Additional skills will be taught to build on the skills students developed and provide 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**

Transition Area: Independent Living

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.

## **Pre-employment**

Transition Area: Employment

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**

Transition Area: Independent Living

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.

## **Social Living**

Transition Area: Employment, Post-Secondary Education and Training, Independent Living

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.

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.

## Work Experience

Transition Area: Employment

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.

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.