



30 Broad Street, Suite #5 Denville, NJ 07834  
Main: 973-625-1940 TDD: 973-625-1932  
Website: www.dawncil.org Twitter: twitter.com/dawncil

## **Skills for Independent Living (SkIL) Curriculum Summary**

### **COMPONENT 1: SKIL FOR DAILY LIVING**

#### **Unit 1: "Who fired the maid?" (Keeping a Clean, Neat Home)**

Even if you don't feel the need to live in a place that looks like it should be in House Beautiful magazine, just keeping things clean and organized takes smart planning and skill. Get ready to roll up your sleeves for some hands-on learning about the basics of keeping a clean, neat home! From dishes to dusting to laundry, it's all part daily living as an independent adult! We'll provide the sponges!

#### **Unit 2: "Getting safety-smart." (Home Safety)**

Ever hear a fire alarm go off and get freaked out? Did you know most accidents occur in the home? In SkIL, you will consider ways to prevent fires and accidents in the home, and what to do in case they happen. SkIL will help to empower you to become your own safety marshal!

#### **Unit 3: "Good habits are hard to break." (Living Well/Healthy Choices)**

It's never too early or too late to create good habits for a healthy lifestyle. SkIL will give you the opportunity to look at ways to take good care of yourself from the inside out so you can feel good and live well! You'll even get to prepare and sample a tasty, healthy meal!

#### **Unit 4: "Making contact." (Communicating with Others)**

Do you get nervous when you have to call someone up on the phone? Not sure what you need to say, or how to say it? Have no fear! SkIL will help you with the skills you need in order to feel comfortable with calling anyone on the phone. You will also learn about body language, using technology to communicate with others, and more.

#### **Unit 5: "I've gotta be me!" (Personal Strengths, Interests, Values, & Goals)**

Do you learn best by pictures? By listening? Do you like to use touch and movement to learn about the world around you? What are your strengths, and what are your challenges? What do you like, and what do you dislike? What's important to you? In SkIL, you will identify your strengths, interests, and values. Also learn how to set a SMART Goal - and get started on accomplishing it!

#### **Unit 6: "Take a breath and count to ten." (Self-Management & Personal Conduct)**

Do you bottle up your feelings? Is it hard sometimes to know what to do with your feelings? In SkIL we will explore our feelings, learn how to use "I-Messages," and to communicate in successful ways in a variety of circumstances.

#### **Unit 7: "We all need somebody sometimes." (Creating and Maintaining Positive Relationships)**

Who do you count on the most in your life? When you are upset or have a problem, who do you turn to? Having a support system to help you through things in life is very important. In SkIL we will learn what a support system is and how to use it.

### **COMPONENT 2: SKIL IN THE COMMUNITY**

#### **Unit 1: "Hey, it's MY life!" (Skills and Resources for an Independent Life)**

Did you know that being able to speak up for yourself and express how you are feeling can help keep you happy? Knowing how to advocate for yourself and knowing your rights will help you live the life YOU choose. In SkIL you will learn where and how you can self-advocate through fun, interactive role-playing.

#### **Unit 2: "Gettin' out and about." (Using Transportation)**

Have you ever needed to get across town to buy groceries at the store even though you don't drive or don't have access to a car? Learning how to read a train or bus schedule and learning about how to use public transportation will keep you on the move in your community.

#### **Unit 3: "Money isn't funny." (Managing Money)**

Managing your money an important skill to live independently. Learning how to pay bills, read pay-stubs, write checks, and save money is essential to living on your own. Handling your own money can be a bit confusing, but don't worry, in SkIL you will explore the basics of handling your money - and how to save some of it!

**Unit 4: "A place to call home." (Finding and Readyng a Place to Live)**

What's your ideal place to live? Is it an apartment? Is there a washer and dryer? How many closets are there? Is it close to transportation and stores? What's the furniture like? Do you have roommates? In SKIL, you will learn what to consider when looking for a convenient, affordable, comfortable place to live.

**Unit 5: "I'm gonna shop until I drop!" (Shopping for Necessities)**

You pour yourself a bowl of cereal and go to the refrigerator to get milk - but the milk carton is empty! Time to write a grocery list! Clipping coupons and using sale flyers to save money on the things can be fun, and it helps you save money! In SKIL, you will visit a store for a practical, fun experience in smart shopping!

**COMPONENT 3: SKIL FOR EMPLOYMENT**

**Unit 1: "Teach me something I *don't* know." (Options for Continuing Education & Vocational Training)**

Planning for adult life can seem overwhelming, but SKIL can help! In SKIL, you will have a chance to learn about GEDs, college programs, and employment-readiness activities such as "job training" and "job shadowing" to help you discover how you can work towards vocational and job opportunities that might be right for you.

**Unit 2: "Work that works for *me*." (Exploring Competitive Employment)**

Did you ever hear the term "competitive employment?" It's about having good work for which you are qualified, at good pay. Did you know that in April 2012, New Jersey became an "Employment First" state? Learn about New Jersey's commitment to expanding opportunities for inclusive, competitive employment. Also learn about other vocational options.

**Unit 3: "Landing the job." (Getting and Maintaining Employment)**

So, you want a job...but what do you have to do to get one? In SKIL, you will learn about how to research job opportunities, write a resume, set up interviews, and what networking can do for you in the world of competitive employment.

**Unit 4: "Keeping the job." (Soft Skills in the Workplace)**

Did you ever think about what tools, resources and supports you might need in the workplace to do your job well and to keep doing it well? In SKIL, you will learn about accommodations, supports and services, and how to communicate your needs to employers and coworkers, to help you succeed in the workplace. You will also have fun with some role playing to explore the difference between "professional" and "unprofessional" conduct.

**Unit 5: "That's a wrap!" (Goal Wrap-Up)**

In Component I of SKIL, you set a SMART Goal. Did you accomplish it? If you did, how did you do it? If you didn't, can you adjust your plans in order to accomplish your goal, or can you adjust your goal? Like everything else, setting and accomplishing goals takes practice. Whether or not you have met your SMART Goal, SKIL will provide you with the opportunity to practice and improve your goal-setting skills for an independent life.

**COMPONENT 4: SKIL FOR SELF-EXPRESSION**

**Unit 1: "Some of the finer things in life." (Exploring the Creative Arts)**

Do you like to draw or paint? Do you listen to music, or sing in the shower? Have you ever seen a play? Ever been in one? In SKIL, you will explore the creative arts to through a journey of self-discovery to help you find out what you like - and what you don't.

**Unit 2: "Games aren't just child's play." (Exploring Indoor and Outdoor Sports and Gaming)**

What interests you more - board games or field games? Which would you prefer: bowling at a bowling alley, bowling online, or bowling using a Wii? Do you prefer to play sports or watch them? In SKIL, you will explore indoor/outdoors activities to find leisure activities you enjoy.

**Unit 3: "Doing things and going places." (Exploring Social Activities, Local Recreation, & Vacationing)**

The world's a big place, with places to go and people to meet! In SKIL, you will consider various areas of interest related to social activities, recreation, travel, and vacationing, and consider which types of these activities most interest you.