



Capstone Summer Program Descriptions

1. **Technology For Life:** This life skills program is designed to assist students in developing an awareness of how they can better use technology to navigate and communicate in their world. The five-week program will cover five areas: **Me**, strengths, weaknesses, hopes and dreams; **My “Stuff”**, technology that helps me at home, at school, and in the community (communication device, power chair, computer, iPads, ATM cards, cell phones, email and Internet); **My People**, people who help me and how to ask them for help (job coach, case worker, PCA); **My Community**, what to look for in accessibility (sidewalk cut-outs, automatic doors/openers); **My Strategies**, what to do when communication breaks down. These areas will be addressed through class work, in-house job experiences and community trips.
2. **Community Work Program:** Students who have had at least **one successful year in Project Bridges** can participate in an off-campus work experience designed to provide them with the opportunity to develop and expand career awareness and vocational skills. Students in this program will spend time at Cotting in the morning preparing for work, approximately three hours at a work site and then return to Cotting for reflection, discussion and preparation for the next workday. Cotting staff will work as job coaches. If you choose this option, we will be in touch with you about the site and/or sites being developed for the summer. Typically, this program serves our oldest students, but we reserve the right to consider younger students if space allows.
3. **Be Entrepreneurial! A Vocational Exploration Opportunity:** In this summer course offering, Capstone students **with one successful year in Project Bridges** will work together as a group to set-up and run a small business for the summer. With staff support, students will explore their ideas for products and/or services. Depending on the interest of the group, students will make decisions about running their business. They will learn to serve customers and build relationships. Then, students will build their business by organizing it, learning to manage the money for it and creating marketing tools. We want students to learn to set goals, take action, ask for help, manage their time and have fun!
4. **Mock Inclusive College:** This program is designed for Capstone students who are considering pursuing an inclusive college experience as part of our school year dual enrollment program. In the summer, students will not enroll in any college courses. Rather, they will spend their time here at Cotting building an understanding of what the experience may look like and gaining exposure to the academic and organizational skills necessary for college level courses. Some visits to local college campuses will be included in the program.
5. **Recreation and Leisure:** Recreation and Leisure opportunities are especially important for young adults. Many of our students need support to build more independent recreation and leisure skills. This summer program will provide students with opportunities to focus on

self-determination skills, self-advocacy, peer relationships and social skills, all within the context of a broader range of age-appropriate interests. Students will work on their skills both in the classroom and in the community.

6. **Transportation:** In this summer offering, students will build skills related to accessing a variety of transportation methods. A combination of classwork and community trips will help students develop navigational skills, learn about available options for public transportation, and practice the communication, academic, and organizational skills we all use to get around our communities. Depending on the needs of the group, a variety of methods and tools will be addressed.

Weekend Residential Experience: The weekend residential experience is offered to any student who has completed at least one full year in Capstone. One weekend overnight stay is offered in addition to the regular five-day summer options. If space allows for students to participate in a second weekend, preference will be given to our oldest students. The weekend program runs from Friday 2:00 p.m. – Sunday 11:00 a.m. For many students, this may be their first experience being away from home. Students will practice independent living skills and will be expected to make group decisions about menu planning, cooking, chores and where they will be going on their recreation trips. Our goal is to provide students with a better understanding of what skills are necessary for a more independent life style.

*It is important to note that while every effort will be made to accommodate preferences, grouping assignments will be determined by interest, availability, class size and age limitations. **This means that not everyone will get his or her first choice. We also reserve the right to place those who do not respond by the deadline. We will only run the programs for which there is sufficient interest.***