



## Upper School Summer Program Descriptions

1. **Classroom Instruction:** Students who select this option will receive two academic maintenance and review blocks, one enrichment block, and one life skills block each day. In addition, students will participate in a weekly community trip. This option closely mirrors the structure of an Upper School classroom during the school year. This is an option that might appeal to those students for whom taking and passing the MCAS remains a goal.
2. **SALSE (Summer Adaptive Living Skills Experience):** The SALSE program focuses on the development of social and communication skills, personal care, mobility, home living skills, money management, nutrition and meal management, shopping, vocational and leisure skills. The five weekly themes for this program are: housing, community resources, vocational, recreation/leisure and transportation. Students will participate in classroom and community-based instruction experiences designed to provide them with the opportunity to develop and expand career awareness and adaptive daily living skills. This program includes student participation in grocery shopping and lunch preparation.
3. **SALSE (Summer Adaptive Living Skills Experience) Without Food:** The SALSE program focuses on the development of social and communication skills, personal care, mobility, home living skills, money management, shopping, vocational and leisure skills. The five weekly themes for this program are: housing, community resources, vocational, recreation/leisure and transportation. Students will participate in classroom and community-based instruction experiences designed to provide them with the opportunity to develop and expand career awareness and adaptive daily living skills. This version of the program does not include grocery shopping or lunch preparation.
4. **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.
5. **Work Exploration Program:** In this summer course offering, Upper School students who have not yet had off-campus work experience will explore the world of work through a five-week themed experience. The themes will capture our most popular work experience areas: Child Care, Animal Care, Office/Clerical, Retail and Food Services. Students will

explore these themes in class as well as off campus during their community outings twice each week. Students will also pick one of their weekly themes and design, shop for and put together a raffle basket for the Wares Fair.

6. **Community Resources:** As students age, their awareness of how to access the community outside of Cotting School becomes more important. The Community Resources summer program will focus on exposing students to the people, places, and skills they will need when out in the community. Experiential learning in the community twice each week will provide students with opportunities to apply and generalize previously learned academic skills while gaining familiarity with the real-life places and situations in the community.

**Weekend Residential Experience:** One weekend residential experience is offered to students 16 and older, who have completed at least one full year in Upper School. 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.***