

TOPS Program Daily Schedule

Fall Quarter 2010

Social/Cognitive Development May include social stories/social thinking, communication and interaction, social/emotional behavior, relationships, problem solving, self-advocacy, stress management, managing transitions and change, support systems development, forming friendships, planning social activities.

Independent Living May include problem solving/decision making, navigating daily life, time management, planning for independent living, home management, personal hygiene, cooking/nutrition, healthy living, money management, banking, paperwork organization, emergency preparedness, safety.

Employability/College Readiness May include job applications and resumes, interview skills, vocational exploration, referrals, time management, organizational skills, navigating college application/registration/other processes, commitments, using personal organization technology.

Community Access & Resources accessing social, recreational, educational and therapeutic resources and support agencies, public transportation, social skills in the community, safety in the community, participation in the community

TIME TUESDAY CLASS

12:30-1:00	Table Talk: Announcements, Attendance, Check-In and Daily Planner
1:00-2:00	Communication Strategies/Theory of Mind and Navigating the Social World
2:00-2:10	Break
2:10-2:30	Fitness- Health
2:30-3:25	Employability and College Readiness Strategies (application and soft skills)/Individual Goals & Projects
3:25-3:30	Clean-Up, Class Dismiss

TIME WEDNESDAY CLASS

12:30-1:00	Table Talk: Announcements, Attendance, Check-In and Daily Planner
1:00-2:00	Communication Strategies/Theory of Mind and Navigating the Social World
2:00-2:10	Break
2:10-2:30	Fitness- Health
2:30-3:25	Employability and College Readiness Strategies (application and soft skills)/Individual Goals & Projects
3:25-3:30	Clean-Up, Class Dismiss

TIME THURSDAY CLASS

12:30-1:00	Table Talk: Announcements, Attendance, Check-In and Daily Planner
1:00-2:00	Principles of Communication/Theory of Mind
2:00-2:10	Break
2:10-3:00	Executive Functioning for Independent Living Skills/Individual Goals & Projects
3:00-3:25	Fitness/Team Building
3:25-3:30	Clean-Up, Class Dismiss

TIME FRIDAY CLASS

12:30-1:00	Table Talk: Announcements, Attendance, Check-In and Daily Planner
1:00-2:00	Navigating the Social World: Organization and Time Management; Social & Leisure Activities; Community Access & Resources
1:50-2:00	Break
2:00-3:25	Team Building/Groups- Games, Planning, Mind Fitness
3:25-3:30	Clean-Up, Class Dismiss