*Each class will consist of*

* *Check-in*
* *Check-out*
* *Activities*

*Some of the classes will consist of*

* *Trips to relevant places in the community*
* Category: Understanding one’s disability (2-4hrs)
  + What do you know about your disability?
  + Name of disability?
  + How long have you had it?
  + How it presents itself?
  + How does your disability limit you?
* Category: Disclosure of disability (2-4 hrs)
  + NYS Laws: [Employment Rights of People with Disabilities | Division of Human Rights](https://dhr.ny.gov/disability-employment#:~:text=It%20is%20unlawful%20to%20discriminate,terms%20and%20conditions%20of%20employment.)
  + NYS Laws: [Human Rights Law](https://www.lac.org/assets/files/NYSHRL-for-LAC-5-25-22.pdf)
  + Application (Disclosure section):
    - Got through this part of a job application
  + Should you disclose or not?: <https://youtu.be/SYng_2dZqMs?si=wPUkkwxAi0txIkDX>
  + <https://youtu.be/vO0fv4sasmM?si=arFT91ghYNpXJjmQ>
* Category: Accommodations (2-3hrs)
  + What are reasonable accommodations?
    - As defined by NYS Labor laws
    - What are examples of reasonable accommodations?
      * Scenario 1: Janitor
        + Compare job description with specific disability of client
      * Scenario 2: Store Associate
        + Compare job description with specific disability of client
      * Scenario 3: Teacher
        + Compare job description with specific disability of client
  + How to request accommodations
    - Human Resources VS. your supervisor VS your co-workers
    - Be Prepared!- Know what it is you need to be successful:
    - <https://youtu.be/XYdtPUxjlbE?si=2zlCIqv5cCXYHWqC>
* Category: Workplace Responsibilities (1hr)
  + Decision-making and problem solving
    - Moment of Truth: <https://youtu.be/7chfmZ469lE?si=D8km1vy6zVeLT0PC>
* Category: Safe and responsible use of social media and the internet (2-4hrs)
  + Extra sensitive information
    - Personal information, Credit cards, Social Security card, Birth certificate, Drivers License
    - When to share this information with others?
  + Scams
    - How to spot a job scam: <https://youtu.be/jBlEFELn8YA?si=Rr-bT7WscCJtSHpn>
    - Indeed job scam warning: <https://youtu.be/s3l7RwoArSs?si=bLEZCLyYoerEFfkc>
  + Social media presence
    - * How Social media can….: <https://youtu.be/ZX1rHHp8WDw?si=QT9S0XthBUGrJsi0>
    - Responsible use of social media VS irresponsible
      * + Posting about your life: what’s okay and what’s not
        + Posting about your job: what’s okay and what’s not
        + Insanely dumb tweets:
        + <https://youtu.be/xhbY2mC_Y4?si=PwlnE45rue5DuUpa>
* Category: Understanding work cultures and how to adapt to varying cultures (1hr)
  + Types of work cultures
    - What is organizational culture: <https://youtu.be/4cBN8xH-5Qw?si=P1WDORmdhqFypHHi>
* Category: Self-determination skills (2-4hrs)
  + Definition
  + Setting Goals
    - What are your goals worksheet
    - Independent living
  + Self awareness-Definition
    - Emotional regulation/intelligence activity
    - Identifying intrinsic strengths and capabilities
  + Assertiveness skills
    - Different communication types: assertive, aggressive, passive aggressive, passive
    - Be more Assertive the right way: <https://youtu.be/jMjF4_-8Mk0?si=jiG0Be2IEya6ZPgU>
    - Assertive Communication During a Conflict: <https://youtu.be/4DRYhdRnL_Q?si=q6sEhOFxwlX_o1eM>
  + Giving and receiving Feedback
    - Understanding the value of listening to feedback from others
    - Accepting Constructive Criticism: <https://youtu.be/5qws0HDZpnU?si=a-oc7AgroIGGRHUT>
    - Listening to feedback: <https://youtu.be/6QupnaPvz4Q?si=ZIvH96mrEEPI6OeN>
    - Connecting with peers and the value of peer-mentoring