*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