



POST-SECONDARY OPTIONS COUNSELING (121X) SYLLABUS

Course Title:

Post-Secondary Options Counseling

Duration:

8 units per participant (4 total hours), delivered in 30-minute sessions

Instructor:

TBD

Course Overview

This counseling program provides individuals with disabilities the **knowledge, skills, and resources** to explore post-secondary educational and vocational opportunities. Through **individualized coaching, strategic planning, and assistive technology integration**, participants will gain the **confidence, self-advocacy skills, and tools necessary** to transition successfully into higher education, vocational training, or employment pathways.

Course Objectives

By the end of this program, participants will be able to:

- **Identify** their strengths, interests, and career goals.
- **Explore** post-secondary education, vocational training, and career options.
- **Navigate** the admissions, financial aid, and disability services process.
- **Develop** essential academic, vocational, and life skills for success.
- **Advocate** for their needs using self-advocacy and accessibility strategies.
- **Utilize** technology and virtual platforms to enhance learning and independence.

Session Breakdown

Session 1: Introduction & Individualized Assessment

Duration: 1 unit (30 minutes)

Topics Covered:

- Welcome and program overview
- **Comprehensive needs assessment** (career goals, educational interests, strengths, challenges)
- Identifying **potential barriers** and creating solutions
- Introduction to **assistive technology tools** (screen readers, note-taking apps, scheduling software)

Outcome:

- **Personalized transition plan framework** with targeted action steps
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Session 2: Exploring Post-Secondary & Vocational Pathways

Duration: 2 units (1 hour)

Topics Covered:

- Overview of **college, trade schools, apprenticeships, and employment options**
- Understanding **degree vs. certificate vs. vocational training programs**
- **Admissions process:** application deadlines, requirements, and strategic planning
- **Financial aid & scholarships:** FAFSA, grants, and funding opportunities for students with disabilities
- Introduction to **career exploration platforms & virtual college tours**

Outcome:

- **Customized list of post-secondary programs** with key application deadlines
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Session 3: Academic & Vocational Skill Development

Duration: 2 units (1 hour)

Topics Covered:

- **Time management and organizational strategies** for academic success
- Study techniques and adaptive learning strategies
- **Digital literacy & workplace readiness** (resume building, email etiquette, professional communication)
- **Assistive technology for learning and productivity** (speech-to-text tools, digital planners, accessible research databases)

Outcome:

- **Personalized academic & vocational success toolkit**
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Session 4: Self-Advocacy & Accessibility Services

Duration: 1 unit (30 minutes)

Topics Covered:

- **Understanding disability rights and ADA compliance** in education and employment
- How to **request accommodations** (classroom modifications, workplace adjustments, note-taking assistance)
- **Navigating college disability offices & vocational support services**
- Strategies for **effective self-advocacy and independent problem-solving**

Outcome:

- **Individualized accommodation and resource plan** for post-secondary success
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Session 5: Final Transition Planning & Follow-Up

Duration: 2 units (1 hour)

Topics Covered:

- **Review of transition plan progress** and finalizing next steps
- **Assisting with application submission** (college, vocational programs, financial aid)
- Creating a **follow-up strategy for long-term support**
- Guidance on **career mentoring & professional networking opportunities**

Outcome:

- **Completed, actionable transition plan** with defined steps for post-secondary success
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Materials Needed

- **Notebook & pen** for notes and goal tracking
- **Online access to college & vocational resources** (provided by the instructor)
- **Assistive technology tools (as applicable)** for accessibility and digital learning
- **Admissions & financial aid documentation** (for application support)

Assessment & Success Metrics

Participants will be evaluated based on:

- Completion of an **individualized transition plan** with clear next steps
- Demonstrated **understanding of post-secondary options & accessibility resources**
- Development of **self-advocacy skills and ability to request accommodations**
- Engagement in **skill-building activities and readiness for transition**

Follow-Up & Ongoing Support

- **Check-ins and virtual support** for continued guidance
- Access to **career coaching and mentoring services**
- Additional resources on **scholarships, disability services, and job placement**