



## Syllabus for Post-Secondary Options Counseling (121X)

### Course Title:

Post-Secondary Options Counseling

### Duration:

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

### Instructor: TBD

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### Course Overview:

This program is designed to guide individuals through the process of exploring and transitioning to post-secondary educational or vocational opportunities. Participants will receive tailored counseling and skill-building sessions to identify their goals, access resources, and develop the confidence and independence needed for success.

### Course Objectives:

1. Understand individual strengths, interests, and career goals.
2. Explore post-secondary educational and vocational opportunities.
3. Learn how to navigate admissions, financial aid, and accessibility processes.
4. Build essential skills for academic and vocational success.



5. Develop strategies for self-advocacy and resource utilization.
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## **Session Breakdown**

### **Session 1: Introduction and Assessment**

- Duration: 1 unit (30 minutes)
- Topics Covered:
  - Welcome and program overview
  - Initial assessment of interests, strengths, and goals
  - Discuss potential barriers and strategies for overcoming them
- Outcome: Completed individual transition plan outline

### **Session 2: Exploring Post-Secondary Options**

- Duration: 2 units (1 hour)
- Topics Covered:
  - Overview of available educational and vocational programs
  - Guidance on admissions processes and deadlines
  - Overview of financial aid, scholarships, and grant opportunities
- Outcome: List of potential post-secondary programs with key application steps

### **Session 3: Building Essential Skills**

- Duration: 2 units (1 hour)
- Topics Covered:
  - Time management and study skills
  - Organizational tools and strategies for success
  - Basics of effective communication in academic and workplace settings
- Outcome: Personalized academic and organizational skill-building plan

### **Session 4: Self-Advocacy and Accessibility**

- Duration: 1 unit (30 minutes)
- Topics Covered:
  - Self-advocacy techniques for requesting accommodations
  - Navigating disability services and understanding ADA compliance
- Outcome: Plan for accessing resources and accommodations at chosen institutions

### **Session 5: Final Planning and Follow-Up**



- Duration: 2 units (1 hour)
  - Topics Covered:
    - Reviewing the transition plan
    - Finalizing applications and next steps
    - Establishing a follow-up schedule for ongoing support
  - Outcome: Completed transition plan with clear next steps and follow-up schedule
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### **Materials Needed:**

- Notebook and pen
  - Access to online resources (provided by the instructor)
  - Any relevant documentation for admissions or financial aid
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### **Assessment and Success Metrics:**

Participants will be evaluated based on:

1. Completion of an individualized transition plan.
  2. Knowledge of post-secondary options and related processes.
  3. Ability to articulate their goals and advocate for their needs.
  4. Engagement in skill-building activities and readiness for next steps.
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### **Follow-Up Support:**

Participants will have access to periodic check-ins for additional guidance as they transition to their chosen post-secondary opportunities.

This syllabus reflects **HEWC's** dedication to empowering individuals through personalized counseling and targeted skill-building. The program is designed to address the unique strengths, goals, and barriers of each participant, equipping them with practical tools and strategies to navigate post-secondary transitions successfully. By fostering confidence, independence, and preparedness, this curriculum aligns with **HEWC's** mission to provide high-quality, tailored support that ensures participants are fully equipped to achieve their educational and vocational aspirations. It highlights **HEWC's** expertise in delivering impactful, accessible services that create meaningful pathways to success.