



## *Suggested Skills for SC IPSE Student Success*

This document is for parents, students, teachers, transition specialists, and related service providers. Highlighted are the 6 domains that college programs across the state are focused on as it relates to preparing your child, student, consumer for successful post-school outcomes.

Across these outlined domains, SC IPSE programs offer differing levels of support, but basic knowledge and ability to practice these skills are foundational for a successful experience.

Of most importance, students should have *self-determination* and a *desire* to attend college!

### ACADEMICS

- Ability to effectively communicate with course instructors and academic coaches
- Ability to access and effectively correspond using e-mail
- Ability to take notes (via whatever communication mode works best for individual)
- Navigate online platforms for course assignments
- Ability to ask for support when needed



### CAREER DEVELOPMENT

- Demonstrate an interest and desire to work
- Ability to identify 1-3 career interests
- Ability to identify the basic requirements for securing a job (resume, cover letter, interview)
- Demonstrate soft skills such as communication, teamwork, flexibility, time management, patience, decision making, problem solving, positive attitude, dependability



### INDEPENDENT LIVING

- Ability to practice appropriate hygiene care
- Ability to practice healthy eating and lifestyle habits
- Ability to perform housekeeping duties (keeping a living space clean, laundry)
- Ability to practice money management
- Awareness of and interest in various modes of transportation and navigation



## PERSONAL WELLNESS

- Ability to identify and express emotions in various situations
- Ability to self-advocate and request help when needed
- Identify support team members who can help individual through challenges
- Ability to identify and manage stressors
- Ability to identify and practice healthy habits for maintaining physical, mental and emotional well-being



## SOCIALIZATION

- Appropriate use of assistive technology (including knowing which applications and platforms to have access to and how to use them. Examples include speech-to-text or voice recognition)
- Initiate campus involvement (joining campus clubs and organizations)
- Interest in community involvement (volunteer and service opportunities)
- Demonstrate an interest in meeting new people and making friends/establishing relationships



## GENERAL SKILLS

- Time management (setting and following alarms & schedules)
- Knowledge of personal identification (name, address, phone number, disability, medical conditions)
- Awareness of personal safety (safely crossing streets, locking doors, keeping belongings safe)
- Awareness of assistive technologies and devices that are required to help individual thrive (mobility aids, hearing/sight aids, adaptive equipment, etc.)



### *Additional Resources:*

Think College provides resources, technical assistance and training related to college options for students with intellectual disability, and manages the only national listing of college programs for students with intellectual disability in the United States. Below are several of their resources specific to preparing for the college experience.

[Think College Tips for IEP Teams](#)

[Think College Foundational Skills for College and Career Learning Plan](#)

[Think College Postsecondary Education Expectations](#)