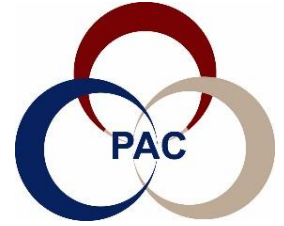


## Extended Services

*Deb Booth, M.Ed., PACES Director*

[www.pilgrimac.org](http://www.pilgrimac.org)



## GAP (Gaining Adult Proficiencies) Program ~Learning for Life~

### GAP Program Description

In this post graduate program, individuals with a diagnosis of Autism Spectrum Disorder, Specific Learning Disability, Nonverbal Learning Disorder, Social and/or Emotional learning challenges participate in a course of study designed to provide the skills and knowledge to explore and participate in transitional options beyond their high school experience. This program is specifically designed for those individuals who have average to above average cognitive functioning, have been successful in accessing grade level course work, have met graduation requirements (may or may not have received a HS diploma) and are between the ages of 18-21 years old. Participants will attend specific courses/seminars designed to focus on transitional targets and will take part in self-assessments, skill building, and practical experiences to identify future goals and enhance skills for either employment or higher education opportunities beyond their high school career. In addition, they will engage in authentic and functional opportunities in order to enhance their social and independent living skills.

The GAP program runs from September to May and is divided into two semesters (Fall & Spring). The program offers seven distinct units of study and a variety of seminars. Students will be enrolled in courses and seminars depending on their individual needs. Additionally, students will have the ability to customize their GAP year experience to include enrollment in a college course, participation in supported volunteer or internship opportunities and/or paid vocational work/employment each week. The curriculum aligns with our goal of preparing students to live as independently as possible while pursuing their post high school objectives.

### FLEXIBLE ENROLLMENT AND SCHEDULING OPTIONS AVAILABLE

- Comprehensive course of study
- Seminars designed to enhance real-life skills
- College enrollment opportunities
- Volunteer and work experiences
- Certification & Training Programs (CPR First Aid, ServSafe, SALs, Pre-ETS)
- Travel training
- Individual transition coaching

**LOCATION:** Pilgrim Academy, 42 Industrial Park Rd. Plymouth, MA 02360

### ENROLLMENT: Fall & Spring Semester Admissions

**Now accepting Independent Applications and School District referrals**

Completed Application/Referral forms should be sent to:

Deb Booth, PACES Director  
Pilgrim Area Collaborative Extended Services  
42 Industrial Park Rd, Plymouth, MA 02360

Tel: 508-747-6686 x2701  
Fax: 781-552-4550  
E-mail: [dbooth@pilgrimac.org](mailto:dbooth@pilgrimac.org)

## Sample Course of Study

### Communication and You

- This course will build and strengthen social language skills. Specific focus on social communication competencies including using language for a range of functions (e.g. to provide information, to question, to negotiate, to suggest, to clarify); conversational skills, (e.g., initiating and terminating conversations, maintaining/bridging a topic of conversation, taking turns in a conversation); understanding shared and assumed knowledge (i.e., how much information the listener needs to understand); understanding and using non-verbal communication skills (e.g., eye contact, facial expression, gesture, proximity) and understanding implied meaning/intention will be covered.

### College/Career Options

- This course is designed to provide students with transitional planning skills while placing an emphasis on the value of work ethic and becoming a contributing member of society. Students will participate in assessments, skill building, and practical experiences that will include identifying interests and personal talents that will help to define their choices about the future. Explicit instruction will focus on defining a vision, setting future goals, completing interest and skill inventories, exploring vocational training and/or planning for college.

### Fundamentals of Math & Personal Finances

- This course teaches and expands upon the basic mathematics of finance, money management and real world math skills. Students will be expected to manage and maintain personal bank accounts, make simple purchases as well as budget and plan for personal expenses e.g., food, clothing, rent, insurance, auto, etc.

### Health and Wellness

- This is a course of study that focuses on the young adult's physical, medical and mental health issues. Students will learn how to identify symptoms of common ailments as well as gain a better understanding of when and how to seek medical attention. The importance of health, fitness, personal hygiene and grooming in the 'real world' will be emphasized. Students will set goals and learn strategies to reduce stress and anxiety, eliminate bad habits, create new healthy habits enabling them to be better prepared to face future life challenges.

### Flexing the Frontal Lobe: Executive Functioning Skills for Managing your Life

- In this course students will learn new ways to manage academic expectations, to develop new organizational tools, and to witness success in the school and work setting. Course work will help students to understand their individual learning styles, and identify alternative ways to meet life's expectations. Core executive functioning skills such as organization, time management, mental flexibility and self-regulation will be specifically targeted.

### Understanding and Advocacy

- In this course personalized programming to expand the student's understanding of self, including strengths, challenges, learning styles and individual support needs will be provided. Through gaining this awareness students participate in goal setting and action planning in order to be responsible for their own decisions. They will also develop and strengthen the self-advocacy skills needed to access available resources. Students will participate in hands-on and interactive lessons designed to teach and support effective problem solving skills.

### Personal Relationships

- This is a course of study that will build upon the importance of social communication skills as well as identifying and expressing emotions. Specifically the course will focus on understanding and navigating social expectations. The scope of the coursework will include exploring contemporary social issues such as creating and maintaining meaningful relationships, knowing who and who not to trust, as well as appropriate approaches to dating and romantic interests

## Sample Seminar Offerings

### Essential Skills for Life

- This seminar will involve teaching individuals the necessary activities of daily living. It will also encompass specific skills such as meal planning and cooking, as well as house hold responsibilities (e.g., chores, maintenance). Throughout this course students will engage in authentic and hands on learning activities designed to provide them with the necessary skills to live a more independent life. Regular opportunities for travel training and navigating the community will also be provided.

### Community Resources

- This seminar explores the individual's interdependence within the community. Specific focus on connecting with the student's network of professionals (Therapists, Psychiatrists, Medical Doctors, Educators, Case Managers, Employers, Volunteer Associations, etc.) to help find resources such as funding, therapies, and schooling in the community.

### Reading/Writing for Life

- This is a seminar designed to teach students the importance of effective written communication and text comprehension. Students will learn the best ways to approach a variety of written material and how to draw meaning from both informational and literay texts. Strategies to improve writing skills across a variety of settings will be taught. Opportunities for application to daily life will be included.

### Technology

- This seminar introduces students to the use of technology and its impact on everyday life including online learning and social media. Students will become familiar with various software and word processing programs they might use in school or on the job such as Microsoft, Google docs, PowerPoint, etc. This course includes study and learning strategies to strengthen skills with computers.