INCIGHTFUL Lessons

EDUCATION Lessons

1) Getting Organized
2) The Importance of Graduating from High School
3) What are your Talents?
4) Growing Strengths
5) Creating a Path after High School
6) What are my Interests? Take a Career Test
7) Looking Closer at your Career Test Results
8) Step by Step - How to Get the Job of My Dreams
9) Long-Term Goals Benefit Your Dreams
10) Identifying SMART Goals
11) Writing SMART Goals
12) What Can Community College Offer Me?
13) 4 Year College
14) Vocational School
15) Paying for More Education
16) Financial Aid Applications
17) Filling Out the FAFSA
18) Preparing for Changes after High School
19) Identifying Accommodations to be Successful
20) Self-Advocacy and Speaking Up

EMPLOYMENT Lessons

1) Identifying Interests
2) Goal Setting
3) Identifying Values
4) Writing a Simple Resume
5) Identifying Your Skill Set
6) Resume Writing - Action Verbs
7) Resume Writing - Work Experience
8) Resume Writing - Objective Statement
9) Cover Letters
10) How to Prepare for an Interview
11) Interviewing Answering Situational Questions
12) Social Media: Personal Branding
13) Interviewing Advice from a Business Executive
14) Role-Playing Interview Questions
15) Researching to Prepare for a Job Interview
16) Preparing Your Questions for an Interview
17) Elevator Pitch
18) Social Media: Personal Branding
19) Social Media: Do's and Don't
20) Disclosing Your Disability

INDEPENDENCE Lessons

1) Disability Resources
2) Public Transportation
3) Car Care
4) Living with Roommates
5) A Roommate Agreement
6) Grocery Shopping
7) Cooking
8) Laundry
9) Creating my Person-Centered Plan
10) Banking Basics
11) Opening a Checking Account
12) Needs vs Wants
13) Budget Categories
14) Creating a Budget
15) Innovating to Solve a Problem
16) Communication and Being Specific
17) Public Speaking - Remove the Fear
18) Learning from Mentors
19) Voting

STAY TUNED, this list is growing.