<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>8:00</td>
<td>UTA Travel Training Begins</td>
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<tr>
<td>8:30 to 9:00</td>
<td>Student-Directed Planning and Newspaper Activity</td>
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<td>Announcements and Newspapers</td>
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<tr>
<td>9:00 to 2:20</td>
<td>☐ Recreation Center and Time Management ☐ Walmart Plant Dept. (Job site) ☐ Beginning Menu Planning, Shop, and Food Preparation ☐ Mentor Shopping &amp; Cooking ☐ Money Management ☐ UT Ind. Living Center Pre Employment/Taking Care of Yourself ☐ Voc. Rehab. Job Readiness ☐ O.C. Tanner (Job site) ☐ Janitorial tasks ☐ Utah Co-Op Grocery (Job site) and Draper Library</td>
<td>☐ Job Club Job Skills ☐ Menu Planning/Shop/Meal Preparation/Lunch ☐ UT Ind. Living Center Executive Functioning/Home Arts ☐ CTA Crew Foods Shopping and Food Preparation (Job site) Crew Foods Shopping and Preparation on Tuesday AND Crew Foods Sales on Wednesday are taken together. ☐ Fit for Life ☐ School Kitchen</td>
<td>☐ Home Living ☐ Computer Tech and Journey to Adulthood ☐ UT Ind. Living Center Manners/Communication/Social Skills ☐ CTA Crew Foods Shopping and Food Preparation (Job site) ☐ Recycling, Shredding, Filing at CTA (Job site) and Draper Library ☐ CTA Crew SHOP (Job site) ☐ Personal Care ☐ Release Time, LDS Institute</td>
<td>☐ Ability &amp; Choice (Job site) ☐ Menu Planning/Shop/Meal Preparation/Lunch ☐ Draper Senior Center (Job site) and Draper Library ☐ L. H. Miller Auto Centers (Job site) ☐ Peer Tutoring, recreation (Job site) ☐ Community Awareness ☐ Sam’s Club/Walmart (Job site) ☐ UT Ind. Living Center Nutrition/Safety</td>
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| 8:50-9:20 (all students) Social Skills class with case manager |

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Student Signature: ___________________________ Date: ________________________ Parent Initials: ________________________

See Next Page for Class Descriptions
### Monday

**RECREATION CENTER**
- **Monday Morning class**
  Students attend a Recreation Center and workout in the gym and on the machines.

**TIME MANAGEMENT**
- **Monday Afternoon class**
  Students will work on setting goals, planning, scheduling, establishing routines and making time estimates in order to have an awareness of time passage.

**MONEY MANAGEMENT**
- Students receive classroom instruction in money-management and organization. These skills will assist them in community outings to local retail outlets. Students are encouraged to bring money and a shopping list to make purchases.

**VOCATIONAL REHABILITATION**
- **JOB READINESS WORKSHOP**
  The workshops are presented by a VR Counselor and cover Self-Discovery, Job Readiness, Job Seeking, and Job Keeping.

**BEGINNING MENU PLANNING, SHOPPING, AND FOOD PREPARATION**
- Students work on employment soft skills they will need to keep a job.
  - Depending on the season and weather students will work in the garden shop and artificial plant department. Students are also raising plants from seeds at CTA.

**MENTOR SHOPPING & COOKING**
- CTA Students will assist other students with disabilities in creating a shopping list, accompany them into the community, purchase the items from the list, and return to CTA to prepare the food item.

**utaH co-op & library**
- **This is a work-based learning site.**
  Students work on employment soft skills they will need to keep a job.

**oc. tanner**
- **This is a work-based learning site.**
  Students work on employment soft skills they will need to keep a job.
  - Janitorial tasks include:
    - Laundry
    - Collecting trash
    - Wiping tables

**utaH independent living center (uilc)**
- These classes are offered on Monday, Tuesday, Wednesday, and Thursday. See the schedule for the classes offered each day.
  - Pre-Employment
  - Taking Care of Yourself
  - Executive Functioning
  - Home Arts (*see below)
  - Manners/Communication
  - Social Skills
  - Nutrition
  - Safety
  - Money Management

*The purpose of Home Arts class:*
1. Pre-employment skills-follow simple directions.
2. Self-Advocacy-doing things on your own.
3. Educational-explore different mediums and ideas through art.

### Tuesday

**job club**
- This class is an advanced job skill development class where students complete job interest surveys, create an employment portfolio, participate in mock interviews, and attend local job fairs.

**menu planning, shopping, cooking and lunch**
- Students discuss basic nutrition, plan meals, create shopping lists, compare prices, budget, follow a recipe, and prepare a meal. They will purchase items at a local grocery store to cook for lunch that day. During lunch there is a lesson on meal time etiquette.

**Cta Crew foods shopping and food prep**
- **This is a work-based learning site.**
  Students work on employment soft skills they will need to keep a job.
  - This class provides students basic food prep and customer service skills necessary for employment. Students will purchase, prepare and sell food items to district employees on a weekly basis. Students will obtain a food handler's permit.
  - This is a Two-Day Class.
  - (Students must sign up for CTA Crew Foods Shopping and Food Preparation, on Tuesday and CTA Crew Food Sales, , on Wednesday.)

**SCHOOL CAFETERIA**
- **This is a work-based learning site.**
  Students work on employment soft skills they will need to keep a job.
  - Students will work with CTA staff at Alta View Elementary in the kitchen doing food preparation.

**fit for life**
- Students will engage in activities to promote physical fitness such as hiking, walking, swimming, kickball, yoga, and using fitness equipment.
### WEDNESDAY

**SOCIAL SKILLS**
All students take this class on Wednesday. Curriculum focuses on skills that are necessary for students to be successful in school, community, and the workplace.

**HOME LIVING**
Students will participate in domestic activities such as shopping for household items, doing laundry, changing and making beds, vacuuming, dusting, sweeping and general cleaning.

**COMPUTER TECHNOLOGY**
**Morning class**
Basic computer instruction and hands-on practice in a computer lab. Students learn internet and social media safety, how to email and how to access helpful information relative to their lives.

**JOURNEY TO ADULTHOOD**
**Afternoon class**
This is a post-secondary introductory class that assists in the transition to adulthood. Primary focus of the class relates to emotional management skills and decision making skills, providing students with strategies for successfully navigating the challenges of adult life.

**RECYCLING, SHREDDING, FILING & LIBRARY**
*This is a work-based learning site.*
Students work on employment soft skills they will need to keep a job.

*Students collect recycling, shred documents and learn how to file.*
After lunch the students go to the library.

**CREW SHOP AND SALES**
*This is a work-based learning site.*
Students work on employment soft skills they will need to keep a job.

Students participate in work-based learning activities at the CTA Campus that aim to improve work habits and employability. Students will create craft goods and sell the goods to Canyons District Employees.

**PERSONAL CARE**
Students will learn basic step-by-step personal care skills to encourage independence in improving and maintaining good hygiene. Topics will include: skin and nail care, hair care, oral hygiene, etc.

**CTA CREW FOODS SALES**
*This is a work-based learning site.*
Students work on employment soft skills they will need to keep a job.

*THIS IS A TWO-DAY CLASS.*
See course description on Tuesday.

### THURSDAY

**ABILITY & CHOICE**
*This is a work-based learning site.*
Students work on employment soft skills they will need to keep a job.

Ability & Choice is a program that helps people with disabilities work in a highly-supported environment. At the center students work with CTA staff assembling cell phone screen protection kits.

**MENU PLANNING, SHOPPING, COOKING AND LUNCH**
Students discuss basic nutrition, plan meals, create shopping lists, compare prices, budget, follow a recipe, and prepare a meal. They will purchase items at a local grocery store to cook for lunch that day. During lunch there is a lesson on meal time etiquette.

**DRAPER SENIOR CENTER & LIBRARY**
*This is a work-based learning site.*
Students work on employment soft skills they will need to keep a job.

Students clean tables, play games, visit with Seniors, and help Seniors make crafts two times during the semester. If time allows, the students go to the library before lunch.

**PERSONAL CARE**
Students will learn basic step-by-step personal care skills to encourage independence in improving and maintaining good hygiene. Topics will include: skin and nail care, hair care, oral hygiene, etc.

**COMPUTER TECHNOLOGY**
**Afternoon class**
Basic computer instruction and hands-on practice in a computer lab. Students learn internet and social media safety, how to email and how to access helpful information relative to their lives.

**SAMS CLUB, WALMART**
*This is a work-based learning site.*
Students work on employment soft skills they will need to keep a job.

Students working at these sites will be fronting and facing shelves, putting away return items, sweeping floors, and cleaning shopping carts.

**LARRY H. MILLER AUTOMOTIVE CENTERS**
*This is a work-based learning site.*
Students work on employment soft skills they will need to keep a job.

**PEER TUTORING, RECREATION**
*This is a work-based learning site.*
Students work on employment soft skills they will need to keep a job.

CTA students tutor students with more significant disabilities while participating in a variety of activities at a community recreation center.

**COMMUNITY AWARENESS**
In this class students will cover safety and community access and topics in the news.
Community access includes the following but is not limited to: Planning UTA routes, visiting libraries, hospitals, malls, banks, DMV, recreation centers, Adult Service Providers, food pantries, restaurants, Voc. Rehab., the Social Security Administration, etc.

**RELEASE TIME**
for **LDS INSTITUTE**

### FRIDAY

**FRIDAY ACTIVITIES**
Fun, social activities are held on Fridays throughout the year. Students will choose an activity to participate in from a list of 2 or 3 low-cost and free activities.