



# RAISE COURSE DESCRIPTIONS

## **BUS 013 Career Exploration**

In this course students will learn about themselves and how their needs, wants, and values influence the decisions and career choices they make. Students will develop strategies needed to research career options, set short and long-term goals, and identify career interests and opportunities. Students will engage in various job search activities throughout the course and will practice completing job applications and creating resumes and cover letters.

## **BUS 014 Career Skills Development**

This course is designed to develop students' ability to build their work readiness skills in order to succeed in the workplace. Students will develop confidence and advance their skills in oral and written communication by participating in hands-on activities and exercises. Particular emphasis is given to the development of "soft" skills essential for career success. Students will engage in a variety of practical activities throughout the course such as completing job applications, creating resumes and cover letters, and participating in a "mock" interview.

## **FIN 015 Financial Literacy**

In this course students will learn the foundations of money management and develop the skills needed to make effective and sound financial decisions. Students will learn how to coordinate and organize various aspects of their personal finances, such as: setting up and utilizing a savings account, balancing a checkbook, managing a debit card and/or credit card, understanding budgetary considerations such as wants versus needs, and setting financial goals. Students will practice creating and implementing a household budget by delegating funds for monthly bills and expenses in addition to allocating funds for saving. Financial Literacy will strive to introduce ideas, spark interest and awareness, and to empower students to take control of their financial lives.

## **FWS 018 Safe and Healthy Living**

In this course, students will learn how to gain, maintain and enjoy a successful independent or semi-independent adult lifestyle. Topics will range from personal hygiene, healthy habits and fitness to developing appropriate work and social interaction and the importance of confidentiality. Students will learn to recognize the signs of an unhealthy or abusive relationship and how to extricate themselves and where to seek help if needed. Methods and strategies for dealing with stress and anxiety will be presented as well as ways to prepare for personal safety and to respond to various emergency situations. The positive and negative implications of social media will also be addressed.

## **STU 015 Personal Empowerment**

This course will enable and empower students to advocate for themselves, make informed decisions and direct their own lives, including how to manage workplace relationships and to ask for accommodations when needed on the job or in their personal life. Students will learn about rights, responsibilities, and disability laws. Students will also learn how to navigate the various transportation options available and how to ensure personal safety while in public. This instruction will prepare students to make decisions regarding the most appropriate job field, pursue job opportunities, and communicate effectively on the job.

## **STU 016 Community Integration**

This course is designed to expose students to various aspects of living independently in the community. Students will become familiar with topics such as housing, establishing a household, transportation options, money management including taxes and budgeting, life skills and caring for oneself. Emphasis will be on acquiring knowledge and skills that can be transferred to future life endeavors and transitions such as entering the workforce and how to access needed community services.