



Summer 2021 Step Up Program at the University of Maine

The *Summer 2021 Step Up Program* is a collaborative project of the Maine Department of Labor – Division of Vocational Rehabilitation (DVR); the University of Maine Center for Community Inclusion and Disability Studies; the College of Education and Human Development; and Student Accessibility Services. It was developed to provide a multi-week learning experience for high school juniors or seniors with an Autism Spectrum diagnosis who are DVR clients, and who have shown interest in postsecondary education. The *Step Up Program* will run from June 28, 2021 to July 30, 2021. This summer's program will be provided online and include four main components. These include:

- **Enrollment in University of Maine Class:** Students will enroll and participate in a three-week college freshman-level, three-credit University of Maine course, choosing either MUL 101, The Art of Listening to Music or NAS 101, Introduction to Native American Studies.
- **Successful Transition to Postsecondary Education Seminars:** The seven 90-minute seminars are designed to help students plan for their successful transition to postsecondary education, addressing a wide range of topics such as obtaining supports and accommodations, self-advocacy, managing one's own health care, and time management. These seminars will be conducted using a *Self-Determined Learning Model of*

Instruction—an evidence-based method of instruction designed to enhance self-determination skills (skills that have been shown to be highly predictive of success in postsecondary education).

- **PEERS® Lab @ UMaine Virtual Boot Camp: Friendship Skills June 28, 2021 (8:30 a.m. - 2:30 p.m.)** This PEERS® Virtual Friendship Boot Camp is open to all including teens, young adults, parents, and professionals. Attendees are presented with targeted skills through didactic instruction, role-play demonstrations, and have the opportunity to practice newly learned skills through independent practice and behavioral rehearsal exercises.

Virtual Career Exploration Workshop (VCEW) will be provided weekly by DVR staff. Activities will assist students to explore and identify a career path while interacting with each other and learning about the world of work. Students will use the **Virtual Job Shadow** tool which empowers individuals to discover, plan and pursue their dreams with a unique video-based career planning platform. Topics include: Career and Interest Assessments, Job Shadow and Career Advice videos in an engaging online learning format. For more info watch the YouTube video [VirtualJobShadow.com Promo](https://www.youtube.com/watch?v=VirtualJobShadow.com).

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