

ULS Instructional Targets (Post Secondary)

Employability E

1 Job Awareness E.1

- 1 Demonstrate a desire to be employed and recognize realistic job options. E.1.1
 - 2 Demonstrate skills needed for a job interview. E.1.2
 - 3 Recognize and participate in job training opportunities in the community. E.1.3
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2 Work Skills E.2

- 1 Demonstrate basic employability skills, including work, social and hygiene habits. E.2.1
 - 2 Follow directions to complete a job task. E.2.2
 - 3 Complete a daily schedule of assigned tasks. E.2.3
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Daily Living DL

1 Grooming and Hygiene DL.1

- 1 Recognize and apply appropriate grooming habits and practices on a regular basis. DL.1.1
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2 Nutrition and Food Preparation DL.2

- 1 Recognize basic foods and/or meals that make up a balanced diet. DL.2.1
 - 2 Analyze information from a food package, recipe or menu including nutrition facts, dates and other common labels. DL.2.2
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3 Food Preparation and Handling DL.3

- 1 Safely prepare basic foods using appropriate kitchen tools. DL.3.1
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4 Home Maintenance and Safety DL.4

- 1 Demonstrate knowledge of routine home maintenance and safety. DL.4.1
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5 Household Appliances and Tools DL.5

- 1 Responsibly use common household appliances (stove, washer/dryer, microwave, etc.) and/or tools. DL.5.1
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6 Home Cleaning and Organization DL.6

- 1 Maintain basic home cleaning routines and organization. DL.6.1

7 Housing Options DL.7

- 1 Demonstrate knowledge of housing options for adulthood. DL.7.1
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8 Time Management DL.8

- 1 Apply and manage use of time in the context of real-world situations. DL.8.1
 - 2 Use a calendar to manage time and dates in the context of real-world situations. DL.8.2
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9 Money Management DL.9

- 1 Apply and manage use of money in the context of real-world situations. DL.9.1
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10 Personal Fitness DL.10

- 1 Recognize the benefits of and apply appropriate fitness habits and practices. DL.10.1
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11 Personal Wellness and Safety DL.11

- 1 Identify and apply ways to enhance personal wellness (e.g., Sun safety, mental health, sleep habits, etc.) and avoid or reduce risks (e.g., substance abuse, stranger danger, community navigation, etc.). DL.11.1
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12 Healthcare and Medical Needs DL.12

- 1 Recognize basic and/or emergency medical needs (e.g., cold symptoms, routine checkups, serious injury, first aid, prescription maintenance, etc.) and identify appropriate ways to address those needs. DL.12.1
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Community Living CL

1 Community Resources CL.1

- 1 Explore community resources for personal, vocational and daily living supports. CL.1.1
 - 2 Explore opportunities for civic participation. CL.1.2
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2 Recreation and Leisure CL.2

- 1 Participate in recreation-leisure activities of choice. CL.2.1
 - 2 Make plans and access community resources. CL.2.2
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Personal Life PL

1 Communication PL.1

- 1 Effectively ask and respond to questions within community, daily living and vocational activities. PL.1.1
- 2 Participate in conversations related to current events in the community and beyond. PL.1.2

2 Social Skills PL.2

- 1 Demonstrate expressive skills to participate effectively in a social exchange. PL.2.1
 - 2 Demonstrate appropriate use of interpersonal communication skills in work, community and daily living situations. PL.2.2
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3 Self-Advocacy PL.3

- 1 Demonstrate effective self-advocacy skills to maximize independence in home, community and employment. PL.3.1
 - 2 Identify rights and responsibilities of citizens, including opportunities for civic participation. PL.3.2
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4 Problem Solving PL.4

- 1 Apply problem-solving skills to issues related to daily living situations. PL.4.1
 - 2 Create a solution to a problem based on a problem solving process. PL.4.2
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Lifelong Learning LL

1 Reading LL.1

- 1 Build word recognition within daily living and vocational materials. LL.1.1
 - 2 Understand and apply vocabulary related to community, daily living and vocational situations. LL.1.2
 - 3 Locate and use information from various sources to achieve a purpose. LL.1.3
 - 4 Appreciate the value of print materials, such as newspapers and magazines for informational and pleasure reading. LL.1.4
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2 Writing LL.2

- 1 Produce purposeful writing documents that follow conventional style, grammar, punctuation and spelling. LL.2.1
 - 2 Complete written forms related to life and job skills. LL.2.2
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3 Math LL.3

- 1 Use numbers in real-life situations, including basic computations, money and time. LL.3.1