



Course Booklet

Overview of the Independence College Program

Age Requirement: At least 18 years old.

Orientation

All students are required to attend the Orientation before starting Independence College.

Core Classes

A total of 6 classes are required.

Phase 1: The following 3 classes are required.

Basic Self-Advocacy
Self-Direction
Explore, Prepare, Act

Phase 2: Select ONLY 3 of the 5 classes below.

Choice and Control
Awareness and Action
Voting
Basic Legislative Advocacy
How to be an Active Board Member

Practicum:

The Practicum is an opportunity to use the skills that you have learned in the classes to work independently on a project that is of interest to you. Students will propose their ideas for their practicum and work with the Independence College Training Coordinator to become actively involved in a project or group activity.

Questions? Contact:

Training Coordinator: Lee Larriu, Lee.larriu@state.ma.us

Phone: 617-770-7676 ext. 118

100 Hancock Street, Suite 201 Quincy, MA 02171

www.mass.gov/mddc or www.mass-advocates.org



Course Descriptions

Waiver for class(es) already taken: A waiver can be granted for class(es) a student has already taken. Please see Portfolio (Binder) for Class Waiver Form.

Phase 1: Core Classes **The following 3 classes are required.**

Basic Self- Advocacy

Course Number 1

Learn what is self-advocacy including a short world and MASS history and how to get involved.

2 Hours, 1 Session, MA Advocates Standing Strong

Self-Direction

Course Number 2

In this class we discuss the choices we make small and big and how they relate to bigger goals in our lives such as education, our living situation, recreation and what we do in our spare time or employment.

3 Hours, 1 Session, MA Advocates Standing Strong

Explore, Prepare, Act

Course Number 3

Basic skills on what to do to get a job. Videos, interactive activities support how to get started.

2 Hours, 1 Session, MA Advocates Standing Strong

Phase 2 (Additional Classes) **Please select ONLY 3 of the 5 classes below.**

Choice and Control (Making your own decisions)

Course Number 4

Individuals have the right to make their own decisions. This training assists individuals in how to get support if needed to support their decisions and role playing on what to do.

2 Hours, 1 Session, MA Advocates Standing Strong

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Awareness and Action

Course Number 5

Educating Persons with Disabilities to Recognize, Report and Respond to Abuse. Videos, activities help you learn what to do.

3 Hours, 1 Sessions, MA Advocates Standing Strong/BPI

Voting

Course Number 6

Project Vote Soup to nuts on voting from why voting is important in your life, registering, your rights, how to pick a candidate on the issues, the act of voting, ways to support voting and how to support it in your community.

2 Hours, 3 Sessions, MA Advocates Standing Strong

Basic Legislative Advocacy

Course Number 7

Learn about the MA legislature, who your representative and senator are. Includes visit on MASS Legislative Education Day

2 Hours, 2 Sessions; 3 Hours, 1 Session at MA State House

MA Advocates Standing Strong

How to be an Active Board Member

Course Number 8

Training and comprehensive sectional work book for self-advocates, the supporter and Board or committee members on questions to consider being on a committee, support and what committee members need to consider to support and consider when running a board or committee to make it accessible and supportive.

2 Hours, 1 Session, MA Advocates Standing Strong

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Practicum

Practicum Experience is chosen by you the student. It will consist of 2-3 activities that relate to a topic and idea that interests you. You will work with the Training Coordinator to put together your ideas and steps BEFORE you begin. You will keep track of your progress in your Portfolio (Binder) (See above). By the end of your practicum, should be able to answer the following questions:

1. What was the Project? (Your Goal for the Project)
2. What activities did you do? (Steps to accomplish the goal of the project)
3. Did you accomplish your goal?
4. What did you learn? (Include what was hard for you and what you learned from doing your activities)
5. Did you use any resources or supports?

How do you complete your Practicum? Once you completed the activities you want to do for your project, you can decide how you want to present them to the Steering Committee. You will need to write the answers down to the questions above and put them in your Portfolio (Binder). If you need assistance with typing/writing the answers please contact Lee Larriu the Training Coordinator. For your presentation, you can use powerpoint, pictures, or whatever other tools you would like.

Examples of practicums:

Creating and Delivering testimony; Attending and participating in Legislative Activities; Taking the GED Test; Taking Basic skill/education classes; etc.

Why could this be a practicum? This could be a practicum because you are using multiple steps and activities to complete them.

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Self- Advocacy Leadership Series

Educating persons with disabilities the fundamentals of leadership. Each two hour class is designed to help students practice skills that increase self-esteem and advocacy through a broad variety of teaching techniques to include role playing, team work groups and visual aids.

2 Hours, 8 Sessions, MA Developmental Disabilities Council

Why could this be a practicum? This class is over a 8-9 weeks. This class also has out of class activities as well as in class activities that will help you learn many skills you have only touched on in the other classes. You will also be giving a final presentation as part of your SALS graduation.

Civic Participation

Become active in your town/city by learning about how your local government works, why you should get involved and how you can make a difference. Developed by MASS, DDS, MDDC, and the League of Women Voters.

2 Hours, 2 Sessions, MA Advocates Standing Strong

Why could this be a practicum? As part of the class you will take steps to become active in the community, whether it is by join board(s), commissions or attending local meetings.

Advanced Legislative Advocacy *Must first take: Basic Legislative Advocacy*

You will work for a period of time on an issue and/or a particular set of issues that interest you. This includes visiting the State House and meeting with Legislators during MASS's Monthly Legislative Education Days.

Why could this be a practicum? You will be working on understanding and gathering information on an issue(s) that is important to you. You will be actively engaged in attending multiple Legislative Education Days and meeting with Legislators.

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Portfolio

The Portfolio is the binder you received at orientation that will help you keep track of all that you do during Independence College. It should be used to collect all the certificates from each of the classes. It can also be used to keep pictures and other things for the classes that you take. It also contains the following information:

1. Information sheet about Independence College
2. Course Booklet
3. Contact Information Page
4. Class Waiver Form

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