**Information Sheet**

**About Independence College:**

Independence College is an education opportunity that includes classes for people with disabilities to learn skills that will assist them in pursuing independence. Students will follow the program shown below, and will have the opportunity to become actively involved in a project of their choice.

**Why is Independence College Unique?**

* You will develop and improve self-advocacy and leadership skills
* You will build self-confidence through hands on activities
* You will explore ways to become more involved in your life and community
* You will build a Portfolio to show your development
* You will focus on topics that are important to you (Practicum)

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| *Course #* | *Course Title* | *Hours, Sessions* |
|  | **Orientation.** Required for all students. |
| **A total of 6 Classes is Required.** |
| **The 4 classes below are required of all students.** |
| 1 | **Basic Self- Advocacy** | 2 Hours, 1 Session |
| 2 | **Self-Direction** | 2 Hours, 1 Session |
| 3 | **Choice and Control** | 2 Hours, 1 Session |
| 4 | **Your Rights 101** | 2 Hours, 1 Session |
| **Choose 2 classes of the 4 below.** |
| 5 | **Explore Prepare Act** | 3 Hours, 1 Session |
| 6 | **Awareness and Action** | 3 Hours, 1 Session |
| 7 | **Voting** | 3 Hours, 1 Session |
| 8 | **Basic Legislative Advocacy** | 2 Hours, 1 Session |
|  | **Practicum.** Required for all students. Each individual student will determine their own project. |

Independence College is an education opportunity that includes classes for people with disabilities to learn important skills that will help them to be more independent. Below are the classes with descriptions offered through Independence College.

**Required Classes:**

**Basic Self-Advocacy:** Learn what is self-advocacy including a short world and MASS history and how to get involved.

**Choice and Control:** 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.

**Self-Direction:** 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.

**Your Rights 101:** This training will teach the basic rights every person with a disability has under the Americans with Disabilities Act (ADA).

**Elected Classes:** All studentswill take 2 of the 4 classes listed below after finishing the 4 Required Classes.

**Explore, Prepare, Act:** Basic skills on what to do to get a job. Videos, interactive activities support how to get started.

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

**Voting:** 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.

**Basic Legislative Advocacy:** Learn about how a bill becomes a law, your role in the process, and how to contact and meet with legislators.