



Language Arts

Spanish I

¿Habla Español? Now maybe you can answer “Si!” to this question! But don’t worry. This class will help you speak, read and write common words and phrases, of the third most common language in the world. Materials will include books, movies, audio tapes and more!

Journalism

Extra! Extra! IDEA Learning Center students are publishing a newspaper! During the first hour of this course, students will learn what it takes to research a story, write an editorial, interview a subject and more. Students will spend the second hour of this course laying out their work on Microsoft Publisher to make a professional looking finished product.

Literature I

Do you love getting lost in a good story? Have you ever enjoyed a book so much that you wanted to share it with others? In this class, students will go to the library, pick out a book together and then read and discuss it as a group. The group will listen to the audio version together and those who wish to may follow along with the printed text.

Consumer Education

Budgeting 3- Year One

Students will work with their Life Skills Instructor and a teacher on weekly budgeting. Areas to be reviewed weekly are deciding weekly expenses, allotting money for those expenses and going to the bank. Skills to be worked on will be basic math, completing withdrawal and deposit slips and responsibilities and realistic expectation regarding money.

Grocery Shopping

This class will combine a variety of skill sets, from math and mobility to menu planning and social skills. This class is for residents who are getting ready to do their grocery shopping independently. Teachers will assist students each Friday as they fill out their grocery lists, take the bus to Stop & Shop, locate the items on their list and pay. Support will be faded out throughout the semester as appropriate.

Health and Safety

Personal Hygiene- Core Year One

With staff assistance, students will attend to personal hygiene. Tasks include showering, applying deodorant, shaving when applicable, wearing clean clothing, brushing and flossing and preparation of a simple breakfast. Students will complete checklists when necessary.

First Aid Safety- Core Year One

Students in this class will learn the basics of first aid. Topics will include how to control serious bleeding and identify how and when to use common medicine cabinet items. Students will practice basic first aid skills and learn how to help himself, herself or someone else deal with everything from minor injuries to emergency situations.

Stress Management

You should be able to relax, feel good and be happy. Sometimes this is not so easy. But how you feel and react to stress is up to you. Learn how to reduce anxiety, think positively and improve your overall health and well-being. Students will learn how to build and maintain a healthy support system and practice appropriate conflict resolution skills.

Social Studies

Day Planning- Core Year One and Two

Get ready to start your day off the right way! Students in this class will work in a group setting, with their coordinating teacher each day. They will review their schedules, add information to day planners and practice good personal hygiene. Students will develop the skills needed to get through those long days!

The Blog

The Blog gives you your own voice on the web. It's a place to collect and share things that you find interesting. Since Blogger was launched in 1999, blogs have replaced the web, impacted politics, shaken up journalism, and enabled millions of people to have a voice and connect with others. Your blog can be whatever you want it to be: a personal diary, a breaking news outlet, a collection of links, or many other things. In simple terms, a blog is a website where you will write on an ongoing basis. New stuff shows up at the top, so your visitors can read what's new. Then they can comment on it, link to it, or email you.

Facebook Basics- Year Two

Facebook is a social utility that connects people with friends and others who work, study and live around them. People use Facebook to keep up with friends, upload an unlimited number of photos, share links and videos, and learn more about the people they meet. Internet safety and boundaries will also be stressed.

Managing Free Time- Core Year One

If you have some free time and you're not sure what to do, then this class is for you! In this class, students will work on time management skills, plan for an activity and explore various leisure time activities.

Problem Solving- Core Year One

This class will help you identify a problem situation, state your feelings about the situation and help you sequence events leading to the problem. Learn how to identify appropriate and inappropriate solutions to problems, select the best solution and learn how to implement that solution! These skills will begin to prepare you to learn how to interact with difficult people and develop strategies to establish relationships and how to maintain those meaningful relationships.

Social Skills

This class will work with students on social skills problem areas using pragmatic strategies. Starting conversations, greeting people in the community, active listening and problem solving will be practiced in the classroom as well as in the community.

Out & About

Let's check out Bridgeport area happenings! We can walk around Black Rock, take a stroll by St. Mary's, go to coffee shops, museums, galleries, bookstores and whatever else we can think of. We might venture to downtown Fairfield or Westport. Be prepared to walk or take a public bus. Everyone should have an ID, bus fare, and spending money if desired. Please dress appropriately and be on time.

History of Civil Rights in America

Have you ever been treated unfairly? How did it feel? All of us at some point have experienced this feeling. Some groups of people are treated unfairly more often because of things they cannot control- the color of their skin, the country they were born in, their disability, their religion, sexual orientation or gender. In this class students will study our country from this perspective- from the Civil War and the Civil Rights Movement of the 1960s, to Martin Luther King, Jr.; to the treatment of Native Americans at the hands of settlers; the women's suffrage movement; the Disability Rights movements; to the selection of our first African-American President.

Personal Management

Clothing Management- Core Year One

This class will begin at a local Laundromat, where students will do their laundry, learn to separate darks and lights, choose the right washer and dryer cycles and fold their clothes. The class will conclude in each student's apartment where he or she will learn to put away and care for clothing property and identify when clothing needs to be mended, discarded or purchased.

Cooking- Core Year One and Two

In this class, our team of special education teachers will cook with each student in our school kitchen. The goal of this class is to help each resident build a cookbook of lunch recipes that he or she will learn to make independently. The student may take this cookbook with them upon graduation. This class is structured so that each student will receive one-on-one instruction time with a teacher.

Baking

If you have a passion for cooking and baking and you like discovering new and easy baking recipes to experiment with...or just easy recipes...then this is definitely for you. Learn easy recipes and make delicious desserts!!

Science

Geography I

Explore the earth using maps, pictures, and video. Ancient ruins, modern cities, politics, society, and the wonders of nature will be explored without leaving the IDEA computer lab. Using the Google Earth program we will easily traverse the continents and oceans in search of knowledge and fun.

Library Science

Take time out to visit our local Bridgeport Library once a week. We will take advantage of all it has to offer. Every week we will catch up on the newest movies, books and current events happening in our own community. We will all get our own library card so we can take home videos, books, DVDs, books on tape and music.

Environmental Science

This class is for students who are interested in both the natural wonders of our planet and the things that we can each do to preserve nature, conserve resources and save money all at the same time. Based on the interests of the class, various field trip options will be discussed and planned.

Math

Math 1

Introductory level mathematics class will re-establish the basics and be a prerequisite for Math 2, 3, & 4..

Math 2

Students will learn the basics of maintaining a checkbook, completing deposit slips, and understanding the responsibility of paying bills on time.

Math 3

Students will learn the basics of fractions and geometry and their many applications in everyday life.

Math 4

In this class students will build on the skills they learned in Math 1, Math 2 and Math 3. Students will have an understanding of using coupons, consumer pricing and comparisons, and paying taxes. Students will work on advanced computing skills and maintaining a checkbook.

Vocational Skills

Work Skills

A program designed to teach students how to become professional employees. Work skills will be taught explicitly and implicitly in an off-campus classroom and in various work sites throughout the Bridgeport area. Students will leave this program with a strong work ethic, a positive attitude and other employable qualities that they will need to become professional and reliable employees. The work skills program is required for all second-year students and is open on a fee basis to community members who qualify for this program based on their vocational assessment.

Mobility One

Students will learn routes in and around the Bridgeport area. Students will learn how to use the different modes of transportation.

Mobility Two

Students will build on the skills they learned in Mobility One. They will add more routes to their repertoires by learning how to use transfers. Students in this class will also be introduced to other modes of transportation such as taxis and trains.

Internet Exploration

Students will explore all that the Internet has to offer. They will be made aware of the positive and negative aspects of the internet. Students will learn about informational resources available on the web and research topics of interest. Students will also be informed of the DANGERS of the internet, how to avoid them and keep themselves safe.

Typing

Students will continue to learn the basics of keyboard typing. They will learn keyboard layout, key functioning, and fingering. Instruction will center on a computer-typing

Electives

Basic Self-Defense

In this class, students will learn basic one-step defense moves in order to be more prepared to defend themselves in an unsafe situation. Students will practice these useful techniques first in isolation and then with a partner. This class will begin with some light stretching and warm-up exercises. Wear comfortable clothing and sneakers and be prepared to sweat a little.

Martial Arts

Students in this class will receive an introduction to martial arts, particularly Tae Kwon Do, a form of self-defense that Korean villagers invented when the Japanese invaded their country and took away their weapons a long time ago. Students will learn some basic kicking, punching, blocking and open hand striking techniques. Students will also work on improving balance, focus and self-discipline.

Cooking Fundamentals

Most of us have had the chance to enjoy many recipes. Students will be introduced to culinary vocabulary, ingredients, equipment, and cooking techniques. Students will learn to prepare delicious and creative meals in the IDEA kitchen.

Horseback Riding

Students will take 10 one-hour lessons from the professionals at High Lonesome Ranch in Easton, CT. An IDEA staff member will accompany the group. We need 4 students to offer the class.

Basketball

Get ready to play some indoor, full-court basketball at the Cardinal Sheehan Center. This class will include skill instruction and conditioning in addition to organized games. Mobility skills will also be reinforced, as students walk to and from the Sheehan Center with their instructor.

Cardio Training

This class is a great way to stay fit and maintain a healthy heart. Students will move to the music in our fitness room, using the treadmills, elliptical machines and stationary bikes.

Weight Training

In this class students will focus on building muscle and strength. Students will rotate through a routine of weight exercises with the goal of pinpointing each muscle group. Students will use a tracking sheet to monitor their progress each week and will maintain a weight training folder in the fitness room.

Afternoon Fitness/Friday Fitness

Are you ready to release some energy after a busy day, after a busy week? The fitness center is the place to be! Students will rotate through a routine of stretching, cardio and weight training workouts designed to help burn calories, strengthen muscles and improve endurance.

Yoga

Unwind at the end of a long week. Enjoy an hour of deep breathing and relaxation. Go at your own pace and learn how to use breathing techniques and position your body in different ways. Yoga can help improve your flexibility, balance, concentration and posture, while increasing muscle strength at the same time.

Expressive Drama

Hands On! Experience the drama of your creation through theatrical expression. As a group we will create a play to perform in front of a live audience. Experiment with improvisation, mime, role-playing and theatre techniques. We will begin by playing simple movement games, exploring personal space through mirroring and balance. Then we will work with skits, monologues, dialogues, creative imagination and fantasy to create characters, a setting and a plot. You will be a member of the cast and perform in the Expressive Drama Play. Together we will create costumes, choose props, choose music, choreograph dances, design and construct backdrop and scenery for the play. You may also choose to be part of the stage crew and help with make-up, stage management, props, music, technical equipment, ushering or run stage lighting, fog machine, video camera or selling refreshments.

Basic Ceramics

Students will learn to clean, paint and glaze molded ceramic pieces. Students will also learn different decorating techniques. This is a great opportunity to create useful items for home and gifts. Tuition includes a shopping trip during the second class to a local ceramic studio to purchase ceramic pieces of your choice up to \$ 20.00. Please be on time for the first class!

Music Appreciation

Music has great power over our lives, memories, emotions and moods. Come to this class and explore different types of music and how it makes you feel. Students will listen and discuss, so bring your favorite music to share with the class. Be prepared to talk, write, draw and/or paint your feelings. Participation is strongly encouraged.

Chorus

Come and sing! Be part of the IDEA Chorus. Learn vocal, scales, breathing... in other words, learn to sing. The class will work towards a show to be presented at the end of the term. If singing in class is all you wish to do, that's fine. Cheer your chorus mates on at the show instead. Please bring a folder and water bottle to each class.

Digital Photography

See your photos take shape instantly through the wonders of modern technology. Students will learn how to import photographs from a scanner or clip art program. Students will also learn how to enhance and manipulate pictures from the Picture It program.

Aerobics

In this class, students will learn aerobic routines with the goals of improving gross motor skills and coordination, as well as increasing their level of cardiovascular fitness. Get ready to dance! Remember to bring your water bottle, workout clothes and have fun!

Family History

Some of the most interesting stories come from our families. We can learn so much about ourselves from learning about where our parents, grandparents, and even great-grandparents came from and what their lives were like. In this class we will explore many resources and create our own family trees using the latest online resources.

**Registration Form
Fall 2009**

Parent/Guardian Information

Name: _____

Address: _____

Telephone Number: _____

Class Registration FALL 2009

Name of Student: _____ Phone: _____

Status: Age: _____

Billing Information: Name _____

List the classes for which you would like to register.
Under billing information please indicate whom the bill should be sent to.

1. _____ Day/Time__ M-F_____

2. _____ Day/Time__ M-F_____

3. _____ Day/Time__ M-F_____

4. _____ Day/Time__ M-F_____

5. _____ Day/Time__ M-F_____

6. _____ Day/Time__ M-F_____

School District Responsible for services: _____

*** **All payments are due by August 15, 2009**

Please contact us if you have any questions regarding registration or payment for classes.

The IDEA Learning Center for Autism will serve young people aged 17-21, diagnosed on the autism spectrum providing life skills training, social skills training, vocational training, and academics tailored to their ability. The IDEA Learning Center will utilize ABA methods of positive behavior reinforcement.

The goal of the program is to prepare students for a productive life with dignity and independence.

For additional information please contact us at 203-334-IDEA(4332).

Patricia Paniccia, President
Frederick Sailer, Vice President