

Exploring Abilities I

Department: Counseling and Recreation

Priority: Core class—required for all entering students

Overall purpose of class:

This is the orientation class to participation at the Center. Exploring Abilities I includes orientation both to the Center and to living with a disability. The class serves as an introduction to or a refresher in the group process. Students become comfortable with letting down their personal guard and begin to share their experiences with others within this safe environment.

Students learn about various disabling conditions, how they occur and the techniques used to circumvent and remediate them. They learn how the Stroke Center functions and how to go about setting goals for themselves in the program. Also, through guest speakers and instructor descriptions, students are provided an introduction to the other community-based and governmental resources that may help them.

Number of classes held per week:

3-4 sections are offered per week

Optimum class time:

Morning

Instructor requirements:

One counselor

Number of students:

Up to 12

Student ability range and limitations:

All students regardless of ability take this course.

Space and Equipment requirements:

- Room that will accommodate 15-16 people.
- A minimum of 10 very comfortable chairs and space for 5 wheelchairs
- Television with DVD player
- Video capability to capture discussions of topics that will help other students.

Student Needs to be met from the perspective of the instructor:

All students take this class so that they can effectively participate in and take advantage of the Center's program and activities.