

Fall 2020 Distance Learning Schedule Seminar Descriptions

Seminar Name	Seminar Description	Seminar Times, On Zoom
Lunch Social and Games	This will be a time for students to get together for some informal discussions and group games.	Monday through Friday 12:00pm-12:30pm
PE	We will present a PE activity for everyone to try to move your bodies. No special equipment is needed, just your heart and muscles.	Monday through Friday 12:30pm - 12:50pm
Breakfast Club	Cooking healthy can be tasty and fun. We'll create meals on a shoestring budget that are both satisfying and good for us. We'll use your favorite fresh, seasonal fruits and vegetables whenever possible.	Monday 10:00am - 11:00am
Get off Your Tush and Make a Plan	Plan your week so you can be productive! We will create a real life weekly plan by deciding what our priorities are scheduling them.	Monday 11:00am - 12:00pm
Academic Support	This is a time to work on ABSE and LCC classwork/homework in case you need extra time or extra help.	Monday through Thursday 2:00pm - 3:30pm Friday 10:00am - 12:00pm
Moving in	Do you want to make progress on your goals? Let's make that happen! In this seminar students will create their long term transition goals that they want to work on during their time in Connections. We help determine the best path for you to develop and achieve your goals.	Monday 1:00pm - 2:00pm
Exercise Your Rights	How does someone decide how to vote on laws, judges and politicians? We often get information from the news, internet, friends, family and other places, but it can be very confusing. We will learn about the different political parties, how to read the voters pamphlet and how to vote based on your own values.	Tuesday 11:00am - 12:00

Budgeting A	You get what you need seminar will explore the basics of personal finance. Students will identify their wants and needs and will explore smart shopping strategies and money saving techniques. Students will investigate strategies to track spending and discuss pros and cons of debit and credit cards.	Tuesday 1:00pm - 2:00pm
Budgeting B	If you currently have an income and need to budget please take this class. We will be working on creating a working budget so that you can pay your bills and save some money.	Tuesday 1:00pm-2:00pm
Cognitopia	Students test Cognitopia Software products such as Goal Guide, Scando and My Life. Students will communicate their experience using these products to the Cognitopia Designers and Developers to improve use. Students will also practice expressing their wants, needs and goals when communicating with case managers, OVRS counselors, LCC instructors and employers.	Tuesday 2:30pm - 3:15pm
Date Night Dining	If you know the basics of cooking and are interested in improving your skills, making your meals more nutritious, consider this seminar. This seminar will also practice setting a table, eating as a group (or on a date) and improve our cleaning skills.	Wednesday 10:00am - 11:00am
Who am I?	Transition Assessments are an important first step to decide what goal you want to work on. We will be doing a variety of self discovery activities to determine you preference, interests, needs and strengths.	Wednesday 11:00am - 12:00pm
Map it	Are you ready to learn something new about Eugene neighborhoods? Students will create maps of various regions around Eugene. Discover new	Wednesday 1:00pm - 2:00pm

	housing, jobs, recreation and support agencies. Students will visit a different area of Eugene each week and they will share their findings with their peers. We will also discuss how to be safe in the community.	
Bend Without Breaking	During times of stress it is important to find coping strategies so that you can keep moving forward. We will try to be more resilient and flexible to overcome barriers.	Thursday 11:00am - 12:00pm
My IEP	The IEP is about YOU! Students will work on digitally organizing all components that are part of an IEP. Students will practice facilitating their own IEP.	Thursday 1:00pm - 2:00pm
Job Club	<p>Job Club Seminar will focus on job readiness skills and behaviors. Students will explore interest areas, how to find jobs, apply for jobs, work on resume, practice job interviews etc.</p> <p>Rights and responsibilities: is a break out group for students that are already employed. This group will work on how to further their skills and get that promotion, avoid conflict understand contracts etc.</p>	Friday 11:00am - 12:00pm
Healthy Relationships Guys/Girls group	Relationship are complicated! We will talk about how to create and maintain relationships with significant others that are healthy. Topics will include how to avoid abusive relationship and what to do if you realize you are already in one!	Friday 1:00pm - 2:00pm
Work Crews Will Not be Taking Place at This Time		
Cognitopia	Students test Cognitopia Software products such as Goal Guide, Scando and My Life. Students will communicate their experience using these products to the Cognitopia	Tues 2:30pm -3:30pm

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