

Project 10 STING RAY Competencies

		Start Date	Met Date	Notes
1. Employment, Internship & Related Employment Activities				
1.1	Apply planning processes in establishing and revising personal and career goals.			
1.2	Evaluate own knowledge and skills needed to meet specific job requirements.			
1.3	Apply for a job using appropriate communications and follow-up procedures (e.g., contacting the employer, composing letters of application and resumes, completing job applications, participating in interviews).			
1.4	Fulfill job responsibilities and use social competencies for successful employment.			
1.5	Apply effective work habits, ethical behavior, and appropriate grooming in a workplace setting.			
1.6	Apply skills of self-advocacy and self-determination in the community and the workplace.			
1.7	Use appropriate decision-making and problem-solving processes in a workplace setting.			
1.8	Use appropriate personal care skills to meet demands of a workplace setting.			
1.9	Meet health and safety requirements in a workplace setting.			
1.10	Exercise rights and responsibilities of employment, including compliance with labor laws.			
1.11	Use public and private transportation to move about the community, as appropriate.			
1.12	Apply effective communication skills as they relate to community work situations, particularly the ability to use criticism constructively.			
1.13	Identify current interests, skills, and abilities as part of the employment planning process.			
1.14	Participate in job selection.			
1.15	Maintain employment for an acceptable duration by performing appropriate job duties.			
1.16	Identify and use equipment and supplies appropriately and correctly.			
1.17	Demonstrate specific work-related skills.			
1.18	Demonstrate workplace-specific social skills.			
1.19	Demonstrate understanding of the role of technology in the workplace.			
1.20	Demonstrate understanding of job responsibilities and social competencies necessary for successful employment in technology or related fields.			
1.21	Evaluate and review own interests and abilities related to career and postsecondary educational opportunities.			
1.22				
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Project 10 STING RAY Competencies

DOMAIN CLUSTER 2: ACADEMIC ENRICHMENT				
<i>Domain 2: Functional Academics & Technology</i>				
2.1	Demonstrate comprehension of verbal information.			
2.2	Demonstrate expressive language skills.			
2.3	Demonstrate functional reading skills necessary for daily living tasks of personal life and the workplace.			
2.4	Demonstrate functional writing skills necessary for daily living tasks of personal life and the workplace.			
2.5	Demonstrate functional number concepts and computation skills necessary for daily living tasks of personal life and the workplace.			
2.6	Use basic measurement concepts involving length, weight, and volume to solve problems related to daily living and the workplace.			
2.7	Use basic measurement concepts involving time, temperature, and money to solve problems related to daily living and the workplace (e.g., schedule, consumer activity).			
2.8	Use systematic approaches to solve problems encountered in school, home, and community.			
2.9	Apply skills and strategies to gain information from printed materials or oral presentations (e.g., scanning, paraphrasing, rereading, retelling, self-questioning, note taking, outlining).			
2.10	Apply skills and strategies to enhance recall and understanding of information from print or oral presentations (e.g., vocabulary, associations, visual imagery, mnemonics).			
2.11	Apply skills and strategies to enhance competence in oral and written communication (e.g., planning, creating drafts, editing and proofing, rehearsing, revising).			
2.12	Use effective time management and organization strategies to complete class and work assignments.			
2.13	Use effective test-taking skills (e.g., previewing, allocating time, outlining response to essays, reviewing answers).			
2.14	Demonstrate understanding and proficiency in the use of a variety of computer applications and hardware, including networking (e.g., word processing, graphics, data management, telecommunications, desktop publishing, computer-assisted drawing, robotics).			
2.15	Demonstrate knowledge and skills needed to care for hardware and obtain assistance when problems occur.			
2.16	Recognize and appropriately use cognitive strategies and problem solving skills when using technology.			
2.17	Apply basic skills in communications, mathematics, and science appropriate to technological content and learning activities.			
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Project 10 STING RAY Competencies

DOMAIN CLUSTER 3: CAMPUS & COMMUNITY ENGAGEMENT				
<i>Domain 3: Socialization, Relationships, and Self-Esteem</i>				
3.1	Interact with others appropriately in familiar group situations (e.g., practicing citizenship, working in groups).			
3.2	Use appropriate behaviors when participating in organizations (e.g., workplace, clubs, churches, public or private organizations).			
3.3	Respond effectively to unexpected events and potentially harmful situations in community and social activities.			
3.4	Demonstrate interpersonal communication skills necessary for community and social activities (e.g., using interpersonal communication skills, responding to humor, responding to criticism).			
3.5	Demonstrate awareness of responsible behavior and appropriate attire relating to community and social activities (e.g., participating in community gatherings, following safety procedures).			
3.6	use behaviors that promote appropriate interaction within physical surroundings (compliance with laws, rules, and regulations; identify potentially dangerous situations; getting assistance and following safety procedures).			
3.7	Use behaviors that promote appropriate relationships with peers and other adults (identifying types of relationships, using interpersonal communication skills, using appropriate behavior, physical contact, sexual relationships, conflict resolution, excessive and abusive behaviors).			
3.8	Use behaviors that contribute to the overall effort of groups (cooperative group, leadership, organizations).			
3.9	Use behaviors that enhance self-control, self-reliance, and self-esteem.			
3.10	Use a systematic approach to making decisions about personal goals and activities.			
3.11	Use systematic approaches to solve problems encountered on campus, at home, and in the community.			
3.12	Understanding the Concept of Communication (listening; communicating desires, feelings, and needs; responding to communication; using greetings and conversations; giving and receiving feedback).			
3.13	Demonstrate communication skills involving telephone use.			
3.14	Demonstrate awareness of gestures, cues, and body language used by self and others.			
3.15	Demonstrate basic interpersonal, conversational, participation, friendship, and conflict skills in a variety of areas or settings (e.g., campus, interactions, getting along, making friends, coping).			
3.16	Demonstrate appropriate self-, task-, environmental-, and interpersonal-behaviors.			
3.17				
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Project 10 STING RAY Competencies

Domain 4: Community Living				
4.1	Demonstrates and is able verbalizes information about current events.			
4.2	Demonstrates and verbalizes correct information about the United States Government, State Government, and Local Government.			
4.3	Demonstrates a basic knowledge about laws, legal system, and judicial system.			
4.4	Demonstrates a basic knowledge of civic responsibility including registering to vote and voting.			
4.5	Demonstrates knowledge of and appropriately participates in on-campus clubs, organizations, fraternities, sororities, and events as well as possible off-campus community organizations and events.			
4.6	Demonstrates knowledge of responsible behavior and appropriate attire when participating in on-campus/community organizations and/or events.			
4.7	Demonstrate awareness and is able to access community resources relevant to their needs (e.g., health care, personal services, stores, banks, entertainment, recreational, churches).			
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Project 10 STING RAY Competencies

DOMAIN CLUSTER 4: SELF-DETERMINATION				
<i>Domain 5: Self-Determination</i>				
5.1	Demonstrate self-awareness through an understanding of disability and ability to identify interests, strengths, preferences, needs, and resources.			
5.2	Demonstrate understanding of postsecondary options and requirements and the impact of selection on post-school career options.			
5.3	Effectively use a planning process to establish and revise educational and career goals.			
5.4	Demonstrate knowledge of own Future Plan, including participation in the development of Program of Study and Career Plan.			
5.5	Demonstrate the ability to apply skills of self-advocacy and self-determination, including accessing community resources, as appropriate in a variety of situations.			
5.6	Demonstrate effective strategies and problem-solving skills when completing tasks in a variety of situations.			
5.7	Demonstrate understanding of contributing factors for positive self-esteem and personal feelings of efficacy.			
5.8	Demonstrate effective communication skills in a variety of settings.			
5.9	Demonstrate understanding of interpersonal relationships as they relate to interpersonal communication skills.			
5.10	Demonstrate understanding of strategies used for conflict resolution.			
5.11				
5.12				

Project 10 STING RAY Competencies

DOMAIN CLUSTER 5: INDEPENDENT LIVING				
Domain 6: Health & Safety				
6.1	Demonstrates a comprehension of concepts related to health promotion and disease prevention including sexual awareness and reproduction.			
6.2	Demonstrates how to access valid health information and health-promoting products and services. (understanding one's own diagnosis, medication, illness recognition, and prescription vs. non-prescription medication, when to seek medical care).			
6.3	Demonstrates knowledge of health-enhancing behaviors and how to reduce health risks.			
6.4	Demonstrates knowledge of how to use effective interpersonal communication skills that enhance health.			
6.5	Demonstrates knowledge how to use goal-setting and decision making skills which enhance health.			
6.6	Demonstrates knowledge how to advocate for personal, family, and community health.			
6.7	Demonstrates knowledge and the ability of when to access 911.			
6.8	Demonstrates basic fire prevention/safety as well as basic weather safety			
6.9	Demonstrate and recognizes an awareness of environment/surroundings including "stranger-awareness".			
6.10	Demonstrate a basic knowledge of occupational safety and hazard standards relating to the job they are placed in during their final semester.			
6.11				
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Project 10 STING RAY Competencies

Domain 7: Personal Care & Hygiene				
7.1	Demonstrates knowledge of the importance of acceptable hygiene including oral hygiene.			
7.2	Demonstrate knowledge and an ability to perform daily grooming tasks, grooming aids, and where to purchase grooming aids			
7.3	Demonstrates an ability to perform all activities of daily living independently or with some support (includes daily routine of shower/bathing, deodorant usage, oral hygiene, shaving, combing/brushing hair, and wearing clean clothing as well as a working knowledge of other activities nail care, applying lotion, feminine hygiene products).			
7.4	Demonstrate the ability to select and wear weather/occasion-appropriate clothing including understanding basic clothing maintenance (i.e. laundry, drying, dry cleaning, folding, and shopping for new clothing when clothing is torn or soiled beyond wear-ability).			
7.5				
7.6				

Project 10 STING RAY Competencies

Domain 8: Home Living				
8.1	Demonstrates knowledge, ability, and awareness of the requirements for living arrangements postsecondary/adult living (household budget, paying bills, roommate situations, signing lease, etc...).			
8.2	Demonstrates knowledge and ability as it relates to Cleaning and Maintaining Interior Areas of Household (products, appliances, how to utilize, and design routine cleaning schedule).			
8.3	Demonstrates knowledge and ability on how to utilize basic household appliances used for daily living (microwave, stove, washer, dryer, vacuum, etc...).			
8.4	Demonstrates knowledge and ability as it relates to grocery shopping, general shopping, and ordering at restaurant within a budget.			
8.5	Demonstrates knowledge and ability to do meal preparation and clean up.			
8.6	Demonstrates knowledge and ability to do clothing maintenance (laundry, ironing, discarding torn or soiled clothing beyond repair).			
8.7				
8.8				

Project 10 STING RAY Competencies

Domain 9: Travel & Mobility Training				
9.1	Demonstrate knowledge and ability to navigate about their immediate neighborhood, campus, and the community from one location to another (walking, biking, by car, recognizing land marks, reading maps).			
9.2	Demonstrate knowledge and ability to utilize modes of transportation to reach distant locations in the community (bicycle, bus, taxi, car, reading bus schedules, calling for taxi and instructing cabdriver, calling/scheduling para-transit services).			
9.3	Demonstrate safety procedures when walking, biking, car (traffic laws, understanding detours, wearing helmet when riding bicycling, identify safety precautions as a pedestrian)			
9.4	Demonstrate basic knowledge and skills required to benefit from resources in the community (i.e. interpret bus schedules, understand fares/fees, accessing nearest taxi service and understanding cost).			
9.5				
9.6				

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Domain 10: Financial Planning & Money Management				
10.1	Identify the names and values of coins and bills to accomplish functional tasks (e.g., counting money, paying for an item, putting correct change into a vending machine, paying cab fare).			
10.2	Identify common coin combinations to accomplish functional tasks (e.g., pay a toll on a highway, pay bus fare, using pay phones, buy a newspaper from a stand, purchase gum from a machine, placing money in a parking meter).			
10.3	Determine equivalent amounts of money using coins and paper currency to accomplish functional tasks (e.g., change for a dollar, collecting money from a customer).			
10.4	Solve applied problems involving comparison shopping.			
10.5	Demonstrate knowledge and skills of budgeting and financial planning to manage personal funds effectively.			
10.6	Demonstrate skills in completing productive activities involving managing money and personal finances.			
10.7	Use strategies related to managing money and personal finances to complete productive activities in the home effectively and efficiently and on a regular basis.			
10.8	Use various sources to gain information about community service agencies, businesses, or other resources that assist individuals with financial needs.			
10.9	Select the community agency, business, or other resource that will meet (or is most likely to meet) individual needs for assistance with finances.			
10.10	Contact community service agencies, businesses, or other resources that assist individuals with financial needs when necessary.			
10.11	Demonstrate the specific knowledge and skills that are required to use and benefit from a financial service.			
10.12	Document activities or transactions performed to accomplish personal money management.			
10.13	Complete a check and deposit slip and record in check register.			
10.14	Complete forms associated with a savings account.			
10.15	Determine the total cost of items to accomplish functional tasks.			
10.16	Compare the cost of two items to accomplish functional tasks.			
10.17	Solve problems involving purchases with a discount to accomplish functional tasks.			
10.18	Solve problems involving rate of interest and sales tax to accomplish functional tasks.			
10.19	Estimate the solution to problems involving money to accomplish functional tasks.			
10.20	Demonstrate understanding of requirements and responsibilities associated with adult living arrangements (e.g., rent, insurance, property maintenance, care of personal goods).			
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10.22				