

Career Connections

Career Connections supports people on their journeys to develop personal and professional skills. It's the perfect program for those looking to find community-based employment or simply grow and learn.

Individuals in Career Connections participate in a specialized curriculum tailored to meet their goals. Each participant will explore components that empower them to learn new and invaluable life skills

	Track 1 Discover	Track 2 Explore	Track 3 Connect
Arcade	✓	✓	
Community Engagement	✓ (2 hr/week)	✓ (4 hr/week)	✓ (8 hr/week)
Computers	✓	✓	✓
Connect			✓
Cooking	✓	✓	✓
Create & Innovate	✓	✓	✓
Discover	✓	✓	
Explore (Career Labs)		✓	✓
Financial Training	✓	✓	✓
Health & Safety	✓	✓	✓
Interpersonal Skills	✓	✓	✓
Intro to Work Skills	✓	✓	✓
Library	✓	✓	✓
Life Skills	✓	✓	✓
Listening	✓		
Music	✓		
Physical Wellness	✓	✓	✓
STEM	✓	✓	
Tablets	✓	✓	✓
Vocational Role Play	✓		

Core Components

Discover	Discover is a 90-minute segment dedicated to learning about various career paths. We utilize “A Day in the Life” videos and virtual reality to immerse learners into what is required for each job. After viewing the videos, group members then use the internet to research more information about that career, such as what knowledge, skills, abilities, technology, education, and personality is needed to complete this job.
Explore (Career Labs)	Explore is a 90-minute segment dedicated to gaining the hands-on skills needed for community employment. Individuals will hone their skills with the use of career labs dedicated to specific career fields. More information to come on what the career labs will look like.
Connect	Connect is a 90-minute session where individuals will use virtual reality to immerse themselves in skills training for their personalized career paths.

Additional Components

Arcade	This time allows individuals to play their favorite games including Xbox, Wii, Atari, Skee-Ball, air hockey, ping pong, basketball and Pac Man. Playing with friends or solo is encouraged and welcome!
Community Engagement	Participants learn about vocational opportunities and acquire essential job skills in community settings.
Computers	Utilizing a wide range of computer equipment and software programs, participants develop communication, cognitive, daily living, and technology skills fostering independence and exploring interests. Computers also are used for researching vocational opportunities.
Cooking	Participants learn basic food preparation skills, nutrition, kitchen safety, cooperation, and task completion. Cooking sessions emphasize independence and healthy choices. Sampling our creations is the icing on the cake!
Create & Innovate	This component encourages participants to explore hobbies that may lead to small businesses. Monthly skills taught include crochet, sketching, jewelry making, painting and candle making. Participants also can create their own projects using available materials.
Financial Training	Starting with money recognition and basic math, this component progresses to making smart financial decisions.
Health & Safety	Focuses on healthy choices, personal hygiene and community safety.
Interpersonal Skills	Teaches appropriate social skills including friendship, self-advocacy, professional relationships, bullying awareness and more.
Intro to Work Skills	Develops work-related skills necessary for gaining employment at minimum wage or higher.
Library	Offers group or independent reading featuring monthly books highlighting cultural celebrations or staff picks. Individuals also can check out books, movies, and CDs from the Career Connections Library.
Life Skills	Covers skills needed in everyday life such as independent living, leisure activities, time management and community involvement.
Listening	Group will read through a chapter book over multiple sessions and converse about the subject at hand. When a chapter book is completed, the group often watches the movie in conjunction with the book!
Music	Engages participants in the joy of music focusing on rhythm, movement, singing and instrument playing. Music appreciation includes exploring artists and genres.
Physical Wellness	Encourages physical activity through sports, exercises and equipment like treadmills, ellipticals, stationary bikes and light hand weights.
STEM	(Science, Technology, Engineering, Mathematics) Weekly hands-on experiments exploring scientific principles and predict outcomes based on observation and practice.
Tablets	Used for accessing books, applications and the Internet to support individual interests and abilities.
Vocational Role Play	Role-playing sessions to practice essential work-related skills for successful transition to employment.

For more information visit oppent.org/careerconnections