



## CLE MONTEREY PROGRAM INFORMATION

College Living Experience (CLE) is a comprehensive program that provides intensive and highly individualized assistance with academic, independent living, and social skills to assist students with special needs attend college or vocational school. Our program serves students with language, emotional, maturational, and learning differences. Since opening our first center in Florida in 1989, CLE has assisted more than 300 students diagnosed with LD, NLD, ADD/ADHD and Asperger's Syndrome develop the skills and self-confidence to live and work independently and contribute positively to their communities. Additionally, students who are at least 18 years old, but have not graduated from high school, can attend CLE, complete high school credits, and earn an accredited diploma before starting their post-secondary education.

CLE offers an academic-model program providing support throughout the college process – from registration to study to life-skills development. Students live in an apartment complex near the CLE office and student center while taking classes at Monterey Peninsula College (MPC). Attentive guidance is provided throughout the entire advisement and registration process, including comprehensive course orientation and extending to evening and weekend study periods, content-specific tutoring and life skills, additional critical thinking exercises, and even internships. CLE provides support in three primary areas to complement a student's education and work goals:

- **Classroom Support Services including tutoring (Academics):**
  - Students are guided through the enrollment process, and submission of the required paperwork to Supportive Services (Disabled Students Programs and Services) at Monterey Peninsula College.
  - Students are assisted in deciding which classes they will register for and attend each semester through a process of discussions with the students, parents and CLE staff regarding historical interests, desired goals, etc. Students are encouraged to pursue courses in which they can be successful and courses that will translate to success in the job market. We understand and work with each of our students to ensure they are matched with the educational focus and on a path that will yield the greatest opportunity in college and beyond.
  - CLE staff guide the students through the registration process to obtain suitable classes that have understanding, creative professors who will help the students achieve success and continue with their post-secondary education. We mentor them through this process so they may take this skill on with them as they continue in their post-secondary education and into their vocation.
  - CLE staff provide opportunities and methods of instructing the students to greater discovery of themselves - including strengths, weaknesses, assets, and needs. We assist them in their personal growth and teach them how to individually advocate for themselves with their peers, professors, job supervisors, landlords, etc. Our goal is for self advocacy to become an automatic, independent process for each individual at school, work, and in life.

- Students attend one-on-one tutoring sessions for 2 - 5 hours per week per class. These are taught by specialist tutors who are competent professionals experienced and trained in working with students who have the learning disorders previously described.
  - Tutoring includes assistance in clarifying and understanding the course materials as well as providing time-management assistance to plan for projects, papers, homework, and exams by setting up a schedule with the students and helping them follow it. Reinforced time management establishes good routines that will hopefully stay with the students as they graduate and go out into the workforce.
  - Tutoring sessions provide invaluable guidance and training for accountability, good habits, and life experience for the students as they learn how to study and stay current in their classes.
- Students attend study halls 3-4 times each week to facilitate course material understanding and course work accountability. They also learn to receive and provide peer assistance to other students taking the same classes. Much of this peer accountability allows the students to understand and appreciate leadership, the essence of teamwork, and the usefulness of 'group efforts' and advice, making them more successful in whatever vocation they choose.
- Students attend weekly course reviews as a regular checkpoint for staying on task. These involve an instructor and a group of students taking the same class. This time facilitates everyone to have good lecture notes, understand their assignments, and be prepared for the week ahead.
- CLE provides peer mentors also participating in post-secondary education at California State Monterey Bay and/or University of California Santa Cruz who are being professionally trained and educated to work with students such as ours. These peer mentors meet with the students and assist them in becoming more familiar with college and how MPC works, as well as assisting with issues of juggling school and a vocation.
- CLE staff work individually with students a minimum of 2 – 4 hours each week to help develop financial and organizational skills which will be needed for personal and vocational success, such as:
  - Local, individual checking account management,
  - Monthly budgeting,
  - Bill payment,
  - Consumer skills like discriminating between junk and legitimate mail and using products like MSN Money or Quicken,
  - Organizing school materials,
  - Time management – setting up a daily/weekly planner and keeping it current while following it, and
  - The importance of punctuality and attendance at school and on the job.
- **Social Skills Assistance:**
  - CLE provides students with daily and weekly support and feedback in order to help them in growing more towards the social independence and confidence required in the classroom and the workplace.
  - The CLE staff is a team whose knowledge, compassion, and encouragement guide each student towards a competent, responsible future.

- A CLE Doctorate of Psychology staff member and the other CLE staff members support the students, who routinely have serious difficulties in social contexts, by encouraging and reinforcing socially appropriate behavior.
  - A CLE Doctorate of Psychology staff member facilitates weekly psychology groups providing stress management for those students who would benefit from a deeper exploration of issues such as test anxiety, poor social judgment, interpersonal difficulties, and adjustment issues and targeting core issues in students with Autism Spectrum Disorders. This support is essential for future life, educational and vocational success. Individual sessions with the clinical psychologist occur on an as needed basis for students who have immediate issues and concerns.
  - A CLE Clinical Psychologist oversees several weekly social skills groups where students come together around planned social events. These are fun and educational for these students who struggle socially. In these groups, they learn to interact with others while participating in real life experiences.
  - CLE provides mentors who are local graduate students working towards their doctorates in psychology and/or special education. These mentors act as a big brother/sister and provide low key, friendly relationships. They meet individually with students a minimum of one hour per week, and often escort them out to participate in community and volunteer events and assist them to more actively participate.
  - Students are supported to join clubs and activities already established by the general student population, allowing them to explore specific interests with other like-minded students - typically on a weekly basis. In addition, CLE staff assists the CLE students to initiate similar clubs and invite the general student population to join where they do not already exist. These activities provide additional opportunities to learn and practice appropriate social skills and behavior in an active, accepting, real life setting.
  - Students often initiate going to special events – musicals, art exhibits, local festivals, job fairs, etc. and organize it with a CLE staff member. These social events are an additional chance to practice and reinforce the social skills and behavior being taught at CLE.
- **Independent Living Skills Services:**
    - CLE Independent Living Skills Instructors work individually with students in their apartments to develop life skills such as:
      - Meal planning and preparation (minimum of one hour per week) – includes learning the use of kitchen appliances; developing and following a grocery budget; learning how to grocery shop; finding and following recipes; reading and understanding expiration dates, and more.
      - Household maintenance instruction (minimum of one hour per week) – includes learning how to communicate with the apartment complex about repairs; how to handle smaller situations as they arise (i.e., when the toilet overflows, etc.); organizing their apartment and keeping it clean; planning and shopping for daily-living necessities; and learning how to do laundry – sorting, washing, drying, following instructions, ironing, and dry cleaning.
      - Miscellaneous instruction (minimum of one hour per week) – includes personal awareness and safety; guidelines of living independently in an apartment complex; assistance with Internet navigation; good judgment of Internet activities, information sharing and safety.