

LIFE AND CAREER FOUNDATIONS

Build basic skills and a bright future

Shape your skills and let your abilities shine. Start building communication, teamwork and time management skills – the keys to future success. Focus on completing tasks and following step-by-step directions. Join discussions, collaborate with your peers, solve problems and explore a variety of jobs in the classroom, building and community.



What You Can LEARN

Units of Study

- Introduction to Transferable Skills (Workplace Readiness)
- Kitchen Safety
- Nutrition
- Daily Living Procedures and Lessons (cooking)
- Safety/Hazards in the Workplace
- Employee/Employer Rights and Responsibilities
- Hygiene and Social Practices for the Workplace
- Job Exploration
- Job Preparation Skills and Tools
- Introduction to Budgeting



How You Can SUCCEED

Classroom Support

As a Locally Approved Course, this course was created to meet the needs of students who thrive with additional support and flexibility. This is done through:

- smaller student-to-teacher ratio
- a classroom aide

Course Alignment

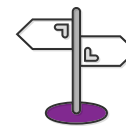
Locally Approved Courses are aligned to:

- CDOS credentials
- viable employment options

Work-Based Learning

Students in Locally Approved Courses can gain work experiences as part of the course through organizations such as:

- The ARC of Monroe
- Meals on Wheels
- Monroe 2-Orleans BOCES
- NYS Parks and Trails
- Saint Joseph's Kitchen
- University of Rochester Nursing



Where You Can GO

CTE Courses and Programs

After successful completion of this course, students can participate in another CTE course and/or program such as:

- Food Services
- Building Trades
- Introduction to Construction Trades
- Introduction to Transportation Trades

Job Opportunities

Students gain skills applicable to a variety of entry-level jobs through this course including:

- Janitors and Building Cleaners
14% projected growth in New York State from 2016-2026

New York State Annual Salary Estimate

Entry Level: \$22,510

Experienced: \$40,390

Education Requirements

Formal education is not required; most learn on the job.

Now You Can KNOW

Learning daily living skills, such as budgeting and time management, can increase an individual's chances of living independently by up to 95%.



Monroe 2-Orleans BOCES Career and Technical Education

WEMOCO Career and Technical Education Center

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