Week 1:

* Welcome back
* Reflect on SEL skills used over break (rest, leisure activities, special interests, time with friends & family, etc.)
* Emotion check-in → emotions related to transitioning into 2nd half of program, overall emotions
* Energy check-in
* Growth mindset review
* Self-care plan check-in

Week 2:

* Executive functioning strategies → plan for Semester 2
  + Review individual EF profiles → any changes?
  + Return to our [brain story](https://neuroclastic.com/show-us-your-brain-free-resource-for-understanding-your-brain-story/?fbclid=IwAR2gS4p7j_26rd3N1bLQWWzZU62sdvmNN7iA6QyJlEFyUB263ViyOJBsCFk)
* Strengths review
* Self-advocate for accommodations in the new academic class (writing, canvas course)
* Review goals set, adjust if necessary
* Observe any changes to strengths, accommodations, and goals (practice maintaining flexibility)
* Solidifying post-SIPP plan (employment, continuing education to another school or Vaughn)

Week 3:

* Self-regulation strategies → what worked, what didn’t work, make any necessary changes, add new strategies to your arsenal if needed
* EF as it relates to our social-emotional functioning within work
  + Self-motivation
  + Take initiative
  + Adaptability
  + Self-control
  + Creativity and curiosity
* When to take breaks from others
* When to decrease or increase load of responsibilities

Week 4:

* Emotion regulation strategies → repeat semester 1 topics but reflect on your progress, any changes needed?
* Problem-solving your emotion regulation process
* Stepping back from our thoughts (observing thoughts)

Week 5:

* Values check-in
* Group/collective values + context → how these influence group decisions
* Values in decision-making → trusting yourself in making decisions → use your values as a compass
* Intentional decisions
* Maintaining flexibility in decisions
* Problem-solving your changes in decisions when different evidence is found

Week 6:

* Relationships → bodily autonomy, consent (modeled)
* Gender identity and exploration
* Sexuality identity and exploration
* Dynamics of healthy relationships

Week 7:

* Job search skills
  + Recognizing demands of a situation and opportunities of a situation
* Interview accommodations
* Americans with Disabilities Act (ADA) basics
  + Applied to Autism in the workplace
  + Neurodiversity-friendly companies
* How can we educate employers to best support ND individuals?

Week 8:

* Disability disclosure at work and academic institutions
  + Individual choice
  + Do you want/need accommodations? This will influence your decision to disclose
* What accommodations might help you? → equity
* How to request accommodations in the workplace

Week 9:

* Beginning to prepare for 6-week residency
* Expectations of living on your own? What does successfully living on your own look like to you? Is this a goal of yours? (it is okay if this is not a goal of yours)
  + Independence vs. interdependence

Week 10:

* Daily living skills: [Activities of daily living (ADLs)](https://www.ncbi.nlm.nih.gov/books/NBK470404/)
  + Showering, getting out of bed, getting dressed, personal hygiene, eating
  + Identifying your support needs → use data from adaptive behavior functioning assessments
  + Strategies for supporting different areas of daily living
  + Executive functioning & daily living
  + Interdependence vs. independence

Week 11:

* Daily living skills: [Instrumental activities of daily living (IADLs)](https://www.ncbi.nlm.nih.gov/books/NBK553126/)
  + Cooking, cleaning, transportation, laundry, housekeeping, managing finances
  + Identifying your support needs → use data from adaptive behavior functioning assessments
  + Strategies for supporting different areas of daily living
  + Executive functioning & daily living

Week 12:

* Healthy living
  + Eating → intuitive eating; does your EF affect your eating habits? Interoception for hunger? Sensory needs with eating? Create an individualized plan for eating
  + Exercise → move your body in a way you enjoy
  + Managing healthcare visits → bring an advocate or a trusted person for a 2nd set of eyes & ears, take notes, ask for email/written correspondence
  + Sleep importance

Week 13:

* Preparing for summer 2
* Self-directed passion project
  + Taking initiation, self-motivation
  + Clarify our passions/special interests as they relate to everything we’ve learned this year
  + EF → defining tasks, planning, organization, time management, sustaining tasks

Week 14: Flex time

Week 15: Assessment time

Topics to choose from (brainstorm):

* Balancing professionalism with being your authentic, ND-self
* Executive functioning within daily living skills
* Daily living skills system (likely need 2 weeks on this)
* Americans with Disabilities Act (ADA)
* Accommodations at work
* Disclosing diagnosis → your choice, cover the pros & cons, who you wish to disclose to
* Job search → recognizing opportunities and demands of a situation
  + Interviews
  + Communicating during a job search
* Systems thinking → how organizations work and affect the behavior of others
* Leadership → maker leader roles
* Different types of relationships, behaviors within those, consent, safety in relationships → autistic people are much more trusting & are more susceptible to abusive or power imbalance relationships
* More on problem solving & decision-making → should this be covered more in semester 1?
  + Consider adding a week for problem-solving

