

## Daily schedule Linked to LCCE Competencies

**6:30 - 7:00**

Arrival ~

**Competency #3 ~ Caring for personal needs**

- Sub Competency #12 ~ Knowledge of physical fitness, weight, nutrition
- Sub Competency #13 ~ Exhibit proper grooming and hygiene
- Sub Competency #14 ~ Dress appropriately
- Sub Competency #15 ~ Demonstrate knowledge of common illness, prevention and treatment.

**Competency #9 ~ Getting around the community**

- Sub Competency # 39 ~ Demonstrate knowledge and use of various means of transportation.

**Competency #16 ~ Communicating with others**

- Sub Competency # 68 ~ Communicate with understanding.

**Competency #19 ~ Exhibit appropriate work habits and behavior**

- Sub Competency # 82 ~ Recognize importance of attendance and punctuality.

Breakfast ~

**Competency #5 ~ Buying, preparing, and consuming food.**

- Sub Competency # 21 ~ Clean food preparation area
- Sub Competency # 22 ~ Store Food
- Sub Competency # 23 ~ Prepare meal
- Sub Competency # 24 ~ Demonstrate appropriate eating habits

**7:00 - 7:30**

Cleaning the Cafeteria~

**Competency #2 ~ Selecting and Managing a Household.**

- Sub Competency # 7 ~ Maintain home exterior/interior.
- Sub Competency # 8 ~ Use basic appliances and tools.

**Competency #5 ~ Buying, preparing, and consuming food.**

- Sub Competency # 21 ~ Clean food preparation area

**Competency #19 ~ Exhibit appropriate work habits and behavior**

- Sub Competency # 81 ~ Follow directions and observe regulations
- Sub Competency # 82 ~ Recognize importance of attendance and punctuality. (continued)
- Sub Competency # 83 ~ Recognize importance of supervision.
- Sub Competency # 84 ~ Demonstrate knowledge of occupational safety.
- Sub Competency # 85 ~ Work with others.
- Sub Competency # 86 ~ Meet demands for quality work.
- Sub Competency # 87 ~ Work at a satisfactory rate. (continued)

**Competency #21 ~Exhibiting Sufficient Physical - Manual Skills**

- Sub Competency # 94 ~ Demonstrate stamina and endurance.
- Sub Competency # 95 ~ Demonstrate satisfactory balance and coordination.
- Sub Competency # 96 ~ Demonstrate manual dexterity.
- Sub Competency # 97 ~ Demonstrate sensory discrimination.

Personal Health Care, Counseling, Medical Monitoring,  
Self-Evaluation, etc. (Counseling on request)~

**Competency #10 ~Achieving Self - Awareness**

- Sub Competency # 42 ~ Identify physical and psychological needs.
- Sub Competency # 44 ~ Identify emotions.
- Sub Competency # 45 ~ Demonstrate knowledge of physical self.

**7:30 - 8:00**

Targeted Skills ~ Embedded Reading/Math~

**Competency # 1 ~ (Modified) Managing Money**

- Sub Competency # 21 ~ Clean food preparation area

**Competency #19 ~ Exhibit appropriate work habits and behavior**

- Sub Competency # 81 ~ Follow directions and observe regulations
- Sub Competency # 82 ~ Recognize importance of attendance and punctuality. (continued)
- Sub Competency # 83 ~ Recognize importance of supervision.
- Sub Competency # 84 ~ Demonstrate knowledge of occupational safety.
- Sub Competency # 85 ~ Work with others.
- Sub Competency # 86 ~ Meet demands for quality work.
- Sub Competency # 87 ~ Work at a satisfactory rate. (continued)

**8:00 - 8:05**

Walk to School~

**Competency # 3 ~ Caring for personal needs.**

- Sub Competency # 16 ~ Practice Personal Safety.

**Competency #12 ~Achieving socially responsible behavior**

- Sub Competency # 51 ~ Develop respect for the rights and properties of others.
- Sub Competency # 52 ~ Recognize authority and follow instructions.
- Sub Competency # 53 ~ Demonstrate appropriate behavior in public areas.

8:05 - 8:15

Idioms and Language Skills~

**Competency # 13 ~ Maintaining good interpersonal skills.**

Sub Competency # 56 ~ Demonstrate listening and responding skills.

**Competency #16 ~Communicating with others.**

Sub Competency # 68 ~ Communicate with understanding

Sub Competency # 69 ~ Know subtleties of communication.

8:15 - 8:45

IEP Skills~Rotation Groups

8:45 - 8:50

Prepare to go off campus~

**Competency # 14 ~ Achieving independence**

Sub Competency # 60 ~ Demonstrate self-organization. (continued)

8:50 - 9:00

Walk to Trolley~

**Competency # 1 ~ (Modified) Managing Money**

Sub Competency # 1 ~ Count money.

Sub Competency # 2 ~ Make purchases

**Competency #3 ~Caring for personal health**

Sub Competency # 15 ~ Practice personal safety. (continued)

**Competency #9 ~Getting around the community**

Sub Competency # 38 ~ Demonstrate knowledge of traffic rules and safety.

Sub Competency # 39 ~ Demonstrate knowledge and use of various means of transportation.

Sub Competency # 40 ~ Find way around the community.

9:00 - 11:15

CBI/Reading in the community, Learn and Serve Sites

Career Experience (General expectations in all CBI settings)

**Competency #3 ~Caring for personal health**

Sub Competency # 13 ~ Exhibit proper grooming and hygiene.

Sub Competency # 14 ~ Dress appropriately.

Sub Competency # 16 ~ Practice personal safety.

**Competency #7 ~Exhibiting Responsible Citizenship**

Sub Competency # 29 ~ Demonstrate knowledge of civil rights & responsibilities

Sub Competency # 30 ~ Know nature of local state & federal governments.

Sub Competency # 31 ~ Demonstrate knowledge of the law and ability to follow the law

**Competency #7 ~Exhibiting Responsible Citizenship**

Sub Competency # 32 ~ Demonstrate knowledge of citizen rights and responsibilities.

**Competency #8 ~Utilizing recreational facilities and engaging in leisure activities.**

Sub Competency # 33 ~ Demonstrate knowledge of available community resources.

**Competency #9 ~Getting around the community**

Sub Competency # 38 ~ Demonstrate knowledge of traffic rules and safety.

Sub Competency # 39 ~ Demonstrate knowledge and use of various means of transportation.

Sub Competency # 40 ~ Find way around the community.

**Competency #12 ~Achieving socially responsible behavior**

Sub Competency # 51 ~ Develop respect for the rights and properties of others.

Sub Competency # 52 ~ Recognize authority and follow instructions.

Sub Competency # 53 ~ Demonstrate appropriate behavior in public areas.

Sub Competency # 55 ~ Recognize personal roles.

**Competency # 14 ~ Achieving independence**

Sub Competency # 59 ~ Strive toward self-actualization.

Sub Competency # 60 ~ Demonstrate self-organization. (continued)

Sub Competency # 61 ~ Demonstrate awareness of how one's behavior affects others.

**Competency # 15 ~ Making adequate decisions**

Sub Competency # 62 ~ Locate and utilize sources of assistance.

Sub Competency # 63 ~ Anticipate consequences.

Sub Competency # 64 ~ Develop and evaluate alternatives.

Sub Competency # 65 ~ Recognize nature of a problem.

Sub Competency # 66 ~ Develop goal-seeking behavior.

**Competency #16 ~Communicating with others.**

Sub Competency # 67 ~ Recognize and respond to emergency situations.

Sub Competency # 68 ~ Communicate with understanding

Sub Competency # 69 ~ Know subtleties of communication.

**Competency #17 ~Knowing and Exploring Occupational Possibilities**

Sub Competency # 70 ~ Identify remunerative aspects of work.

Sub Competency # 71 ~ Locate sources of occupational and training information.

Sub Competency # 72 ~ Identify personal values met through work.

Sub Competency # 73 ~ Identify societal values met through work.

Sub Competency # 74 ~ Classify jobs into occupational categories.

Sub Competency # 75 ~ Investigate local occupational and training opportunities.

**Competency #18 ~Selecting and Planning Occupational Choices**

- Sub Competency # 76 ~ Make realistic occupational choices.
- Sub Competency # 77 ~ Identify requirements of appropriate and available jobs.
- Sub Competency # 78 ~ Identify occupational aptitudes.
- Sub Competency # 79 ~ Identify major occupational interests.
- Sub Competency # 80 ~ Identify major occupational needs.

**Competency #19 ~Exhibiting Appropriate Work Habits & Behavior**

- Sub Competency # 81 ~ Follow directions and observe regulations.
- Sub Competency # 82 ~ Recognize importance of attendance and punctuality.
- Sub Competency # 83 ~ Recognize importance of supervision.
- Sub Competency # 84 ~ Demonstrate knowledge of occupational safety.
- Sub Competency # 85 ~ Work with others.
- Sub Competency # 86 ~ Meet demands for quality work.
- Sub Competency # 87 ~ Work at a satisfactory rate.

**11:20 - 11:50**

Reflection ~ (LCCE Social/Emotional

**Competency #10 ~Achieving Self-Awareness**

- Sub Competency # 42~ Identify physical and psychological needs.
- Sub Competency # 44 ~ Identify emotions.
- Sub Competency # 45 ~ Demonstrate knowledge of physical self.

**Competency #11 ~Acquiring Self-Confidence**

- Sub Competency # 46 ~ Express feelings of self-worth.
- Sub Competency # 47 ~ Describe others' perception of self.
- Sub Competency # 48 ~ Accept and give praise.
- Sub Competency # 49 ~ Accept and give criticism.
- Sub Competency # 50 ~ Develop confidence in oneself.

**Competency #12 ~Achieving socially responsible behavior**

- Sub Competency # 51 ~ Develop respect for the rights and properties of others.
- Sub Competency # 54 ~ Know important character traits.
- Sub Competency # 55 ~ Recognize personal roles.

**Competency # 13 ~ Maintaining good interpersonal skills.**

- Sub Competency # 56 ~ Demonstrate listening and responding skills.

**Competency # 14 ~ Achieving independence**

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**12:00**

Lunch~

**Competency #5 ~ Buying, preparing, and consuming food.**

Sub Competency # 23 ~ Prepare meal

Sub Competency # 24 ~ Demonstrate appropriate eating habits

**12:50 - 1:30**

Cleaning the Cafeteria~

**Competency #2 ~ Selecting and Managing a Household.**

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12:50 - 1:30

Social-Emotional/Occupational Guidance/

IEP Goals/Celebration~

Social-Emotional

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Occupational Guidance

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**Competency #20 ~Seeking, Securing, and Maintaining Employment**

- Sub Competency # 88 ~ Search for a job.
- Sub Competency #89~ Apply for a job.
- Sub Competency # 90 ~ Interview for a job.
- Sub Competency # 91 ~ Know how to maintain post school occupational adjustment.
- Sub Competency # 92 ~ Demonstrate knowledge of competitive standards.
- Sub Competency # 93 ~ Know how to adjust to changes in employment.

*Celebration*

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