

COLLEGE RE-ENTRY VIRTUAL SAMPLE SCHEDULE

MON

TUE

WED

THU

11 AM	MORNING MEETING	11 AM	MORNING MEETING	11 AM	MORNING MEETING	11 AM	MORNING MEETING
11:30 AM	STRESS & RESILIENCE	11:30 AM	CRITICAL READING & WRITING	11:30 AM	STUDENT SKILLS	11:30 AM	LIFE SKILLS
1 PM	LUNCH BREAK	1 PM	LUNCH BREAK	1 PM	LUNCH BREAK	1 PM	LUNCH BREAK
2 PM	SELF-CARE PRACTICUM	2 PM	THE ART OF CONNECTING CAPSTONE PROJECT	2 PM	GSD	2 PM	GSD
		6 PM	PEER-LED SOCIAL EVENT (OPTIONAL)			6 PM	PEER-LED SOCIAL EVENT (OPTIONAL)

COLLEGE RE-ENTRY CORE PROGRAM CLASS DESCRIPTIONS

STRESS & RESILIENCE	8-week online course that teaches the basic science behind stress and resilience and offers tools to optimize wellbeing.	STUDENT SKILLS	Introduce effective strategies for notetaking, time management, and dealing with procrastination. Emphasis on habits and interpersonal skills that will help students succeed in the classroom and beyond.
SELF-CARE PRACTICUM	Explore a variety of self-care practices including mindfulness, meditation, and various mediums of creative expression.	GET STUFF DONE	Work on assignments and Get Stuff Done in a focused setting resembling a supported college study hall.
CRITICAL READING & WRITING	Develop and practice critical reading comprehension and expository writing skills, which are key components of most college courses.	LIFE SKILLS	Learn skills that support independence and personal growth, including resume writing, interviewing, financial literacy, and DBT-related strategies that can be applied both in- and outside the classroom.
THE ART OF CONNECTING	Students build interpersonal skills, practice self-advocacy, and gain self-awareness through workshops, activities, and discussions.	INDIVIDUAL COACHING	Individualized support to help students evaluate patterns, implement strategies, and plan for next steps. Coaches work alongside students to assess progress in the program and implement a plan for reentry.
CAPSTONE PROJECT	Multifaceted group assignment that serves as a culminating academic experience for students.		