

SKILLS for Success Course



The Skills for Success Course is a supported education course/program for students with a learning disability, mental health diagnosis, and/or an autism-spectrum diagnosis at Stockton University.

- Designed to help students gain the foundational cognitive, psychological, and social skills needed to be successful in higher education
- Developed and conducted by the Master of Science in Occupational Therapy Program
- Course is a GEN independent study course (GEN 4800). It meets a GEN or an At Some Distance (ASD) requirement. Permission of instructor is required.
- Students can attend the course once (2 credits) per week
- No prerequisites required
- Consists of class assignments and mentoring

ASSIGNMENTS INCLUDE

- Written papers
- An evaluation of one's academic and social strengths and needs
- Development of goals based on the needs Weekly progress toward goals
- Reflection on progress toward the goals

MENTORING

Students are paired with a mentor (a 2nd year graduate occupational therapy student) and learn the skills for success in college through an assessment of one's strengths and needs, development of goals based on needs, weekly progress toward goals, and development of resources.

The mentor works with the student to:

- Increase comfort and confidence in academic settings
- Set and achieve time management, academic, and related goals
- Learn and apply skills to varying courses and environments

PROGRAM EVALUATION

The Skills for Success Course is part of a study whose purpose is to determine whether supported education services can help students successfully complete their college education. Information about the students' performance will be collected to determine whether the Skills for Success Course is effective. The confidentiality and anonymity of all student information will be securely maintained. The Skills for Success Course complies with the policies of the Stockton University Institutional Review Board.

CLASS MEETINGS

2 credit course meets either

Tuesday 2:30 – 4:20pm

or

Thursday 2:30 – 4:20pm

TO OBTAIN INFORMATION AND/OR PERMISSION OF THE INSTRUCTOR CONTACT:

Rebecca Mannel OTD, MOT, OTR/L | Master of Science in Occupational Therapy Program

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