



ADULTING 101

PREPARE FOR WORK, EDUCATION, AND INDEPENDENT LIVING

Easterseals Central TX is currently enrolling adult participants with disabilities in ADULTING 101, a virtual offering of the Greenleaf Neurodiversity Community Center.

ADULTING 101 is a series of Vocational Adjustment Training programs covering topics like career exploration, work readiness, financial literacy, post-secondary options, and disability disclosure. Take them in any combination to improve your skills in adulting!

**FOR MORE INFO, PLEASE EMAIL:
GREENLEAFNCC@GMAIL.COM**

GREENLEAF NCC IS DEDICATED TO SERVING TRANSITION-AGE ADULTS WITH AUTISM AND OTHER NEURODIVERGENT CONDITIONS.



ADULTING

PROGRAM OVERVIEW

Courses Offered*:

*Specific dates/times will be scheduled according to student availability

EXPLORING THE YOU IN WORK (10 hours): Participants develop personal career plans as they explore career fields and pathways of interest. Through self-assessments and self-exploration, participants learn more about their work personalities, interests, values, and work-related strengths.

SOFT SKILLS TO PAY THE BILLS (20 hours): Participants increase their likelihood of workplace success by growing in critical soft skills like communication, enthusiasm and attitude, teamwork, networking, and problem-solving.

ENTERING THE WORLD OF WORK (10 hours): Participants learn all the essentials to successfully navigate the workplace, including about health and safety, worker rights and employer expectations, payroll, and employee benefits.

EXPLORING POST-SECONDARY TRAINING (10 hours): Participants develop post-secondary plans as they explore post-secondary options that complement their career plans; learn about requirements and application processes for a variety of post-secondary programs; and understand services and supports available within their program(s) of interest.

DISABILITY DISCLOSURE (20 hours): Participants strengthen important self-determination skills as they learn how to make informed and beneficial decisions about disclosing their disability across different environments.

Topics include legal rights and responsibilities, identifying and accessing accommodations, and self-advocacy.

"MONEY SMART" FINANCIAL LITERACY (30 hours): Participants learn all the essentials to successfully manage their money and finances. Topics include banking, income and expenses, saving, credit cards and credit scores, borrowing money, debt, financial security, home ownership, and asset protection.