

Career Connections

Career Connections supports people on their journeys to develop personal and professional skills. It's the perfect program for those looking to find community-based employment or simply grow and learn.

Individuals in Career Connections participate in a specialized curriculum tailored to meet their goals. Each participant will explore components that empower them to learn new and invaluable life skills.

	Discover	Explore & Connect
Arcade	✓ (1 hr/week)	✓ (30 min/week)
Community Engagement	✓ (2 hr/week)	✓ (6 hr/week)
Computers	✓ (1 hr/week)	✓ (1 hr/week)
Connect		✓ (1 hr/week)
Cooking	✓ (1.5 hr/week)	✓ (1.5 hr/week)
Create & Innovate	✓ (1.5 hr/week)	✓ (1.5 hr/week)
Discover	✓ (1 hr/week)	✓ (1 hr/week)
Explore (Career Labs)		✓ (2 hr/week)
Financial Training	✓ (1 hr/week)	✓ (1 hr/week)
Foundational Studies	✓ (1.5 hr/week)	✓ (1 hr/week)
Health & Safety	✓ (1 hr/week)	✓ (1 hr/week)
Icebreakers	✓ (1 hr/week)	
Interpersonal Skills	✓ (45 min/week)	✓ (1 hr/week)
Library	✓ (1 hr/week)	✓ (30 min/week)
Life Skills	✓ (45 min/week)	✓ (1.5 hr/week)
Listening	✓ (1 hr/week)	
Music	✓ (1 hr/week)	✓ (30 min/week)
Physical Wellness	✓ (1 hr/week)	✓ (30 min/week)
Science	✓ (1 hr/week)	✓ (1 hr/week)
STEAM	✓ (1.5 hr/week)	✓ (1.5 hr/week)
Tablets	✓ (1 hr/week)	✓ (30 min/week)
Vocational Activities	✓ (1 hr/week)	

Core Components

Discover	Discover is a segment dedicated to learning about various career paths. We utilize "A Day in the Life" videos to immerse learners into what is required for each job. Group members use PowerPoints to learn about the career, including the knowledge, skills, abilities, technology, education, and personality characteristics required to perform the job.
Explore (Career Labs)	Explore is a dedicated segment focused on acquiring practical, hands-on skills essential for community employment. Participants will develop their abilities through targeted career labs customized for specific fields. Upcoming career labs may include a library lab, food pantry, office lab, and hospitality, providing diverse opportunities for experiential learning and skill building.
Connect	Connect is a session where individuals will use virtual reality to immerse themselves in skills training for their personalized career paths.

Additional Components

Arcade	This time allows individuals to play their favorite games, including Xbox, Wii, Atari, Skee-Ball, air hockey, ping pong, basketball, and Pac-Man. Playing independently or with friends is encouraged and welcome!
Community Engagement	Participants learn about vocational opportunities and acquire essential job skills in community settings.
Computers	Utilizing a wide range of computer equipment and software programs, participants develop communication, cognitive, daily living, and technology skills, fostering independence and exploring interests. Computers are also used for researching vocational opportunities.
Cooking	Participants learn basic food preparation skills, nutrition, kitchen safety, cooperation, and task completion. Cooking sessions emphasize independence and healthy choices. Sampling our creations is the icing on the cake!
Create & Innovate	This component encourages participants to explore hobbies that may lead to small businesses. Monthly skills offered include crochet, sketching, jewelry making, painting, and mosaics. Participants can also create their own projects using available materials.
Financial Training	Starting with money recognition and basic math, this component progresses to making smart financial decisions.
Foundational Studies	This is a choice-based component where individuals work on skills for life: reading, writing, and math. With a focus on empowerment through learning, individuals unlock potential by honing literacy and numeracy skills.
Health & Safety	Lessons about healthy choices, personal hygiene, and safety at home and in the community.
Icebreakers	Dedicated to bonding with the group of individuals you work with. Topics are used to generate discussion, thoughts, emotions, actions, and, most importantly, the use of voice and words.
Interpersonal Skills	Teaches appropriate social skills, including friendship, self-advocacy, professional relationships, bullying awareness, and more.
Library	Offers group or independent reading featuring monthly books highlighting cultural celebrations or staff picks. Individuals can also check out books, movies, and CDs from the Career Connections Library.
Life Skills	Covers skills needed in everyday life, such as independent living, leisure activities, time management, and community involvement.
Listening	Groups will read through a chapter book over multiple sessions and converse about the subject at hand. When a chapter book is completed, the group often watches the movie in conjunction with the book!
Music	Engages participants in the joy of music, focusing on rhythm, movement, singing, and instrument playing.
Physical Wellness	Encourages physical activity through sports, exercises, and offers the use of equipment like treadmills, ellipticals, stationary bikes, and light hand weights.
Science	Weekly hands-on experiments exploring scientific principles and predicting outcomes based on observation and practice.
STEAM	Provides hands-on, creative ways for individuals to design, experiment, and invent as they engage with a variety of tools and technology. Makerspaces help individuals develop creativity and problem-solving skills, along with gaining confidence in their abilities.
Tablets	Used for accessing books, learning applications, and the Internet to support individual interests and abilities.
Vocational Activities	These sessions provide a time to practice essential work-related skills for a successful transition to employment. Some skills practiced include: sorting, assembling, packaging, counting, matching, pattern recognition, and completing a task according to instructions.

For more information visit oppent.org/careerconnections