

SET Program
Activities for the Week (ages 18-21)

EXAMPLE

Every week the groups focus on a social living skill and an independent living skill. This week the group will focus on Problem Solving and Living Situations.

	Skill Lessons & Journaling	Activities
Mon.	Skill Lesson – What is Conflict? Skill Lesson – My Personal Conflicts Journal at the end of the day	Lunch & Clean Up (follow clean-up checklist on refrigerator) Developing next week’s menu and schedule of activities Grocery Shopping (create shopping list, coupons, budget, paying) Volunteer Project Snack
Tues.	Skill Lesson – Knowing When To Resolve Conflicts Skill Lesson – Resolving Conflicts Calmly Journal at the end of the day	Picnic Lunch Red Hawks Game Snack
Wed.	Skill Lesson – Compromising Skill Lesson – Win-Win Solutions Journal at the end of the day	Out to Eat (social language/manners, ordering, paying) Dr. Rachel Fleissner group session – discussion topic is how to solve personal problems constructively and calmly Basketball game Snack
Thurs.	Skill Lesson – Living On Your Own Skill Lesson – Identifying Household Needs Skill Lesson – Knowing Your Rights	Lunch & Clean Up (follow clean-up checklist on refrigerator) Talking to a local landlord – what is a lease? What is my responsibility as a renter? How do you find apartments for rent? Library Snack
Friday	Skill Lesson – Doing Laundry Skill Lesson – Getting Along with Roommates Skill Lesson – Managing college and a job	Lunch & Clean Up (follow clean-up checklist on refrigerator) Tour of Moorhead Technical College Visiting the laundry mat – washing and drying clothes Bowling Snack

Next week, the group will focus on Standing Up For Yourself and Post-Secondary Educational Planning.