

ULS Instructional Targets (Post Secondary)

Employability E

1 Job Awareness E.1

- 1 Demonstrate a desire to be employed and recognize realistic job options. E.1.1
 - 2 Demonstrate skills needed for a job interview. E.1.2
 - 3 Recognize and participate in job training opportunities in the community. E.1.3
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2 Work Skills E.2

- 1 Demonstrate basic employability skills, including work, social and hygiene habits. E.2.1
 - 2 Follow directions to complete a job task. E.2.2
 - 3 Complete a daily schedule of assigned tasks. E.2.3
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Daily Living DL

1 Grooming and Hygiene DL.1

- 1 Recognize and apply appropriate grooming habits and practices on a regular basis. DL.1.1
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2 Nutrition and Food Preparation DL.2

- 1 Recognize basic foods and/or meals that make up a balanced diet. DL.2.1
 - 2 Analyze information from a food package, recipe or menu including nutrition facts, dates and other common labels. DL.2.2
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3 Food Preparation and Handling DL.3

- 1 Safely prepare basic foods using appropriate kitchen tools. DL.3.1
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4 Home Maintenance and Safety DL.4

- 1 Demonstrate knowledge of routine home maintenance and safety. DL.4.1
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5 Household Appliances and Tools DL.5

- 1 Responsibly use common household appliances (stove, washer/dryer, microwave, etc.) and/or tools. DL.5.1
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6 Home Cleaning and Organization DL.6

- 1 Maintain basic home cleaning routines and organization. DL.6.1

7 Housing Options DL.7

- 1 Demonstrate knowledge of housing options for adulthood. DL.7.1

8 Time Management DL.8

- 1 Apply and manage use of time in the context of real-world situations. DL.8.1
- 2 Use a calendar to manage time and dates in the context of real-world situations. DL.8.2

9 Money Management DL.9

- 1 Apply and manage use of money in the context of real-world situations. DL.9.1

10 Personal Fitness DL.10

- 1 Recognize the benefits of and apply appropriate fitness habits and practices. DL.10.1

11 Personal Wellness and Safety DL.11

- 1 Identify and apply ways to enhance personal wellness (e.g., Sun safety, mental health, sleep habits, etc.) and avoid or reduce risks (e.g., substance abuse, stranger danger, community navigation, etc.). DL.11.1

12 Healthcare and Medical Needs DL.12

- 1 Recognize basic and/or emergency medical needs (e.g., cold symptoms, routine checkups, serious injury, first aid, prescription maintenance, etc.) and identify appropriate ways to address those needs. DL.12.1

Community Living CL

1 Community Resources CL.1

- 1 Explore community resources for personal, vocational and daily living supports. CL.1.1
- 2 Explore opportunities for civic participation. CL.1.2

2 Recreation and Leisure CL.2

- 1 Participate in recreation-leisure activities of choice. CL.2.1
- 2 Make plans and access community resources. CL.2.2

Personal Life PL

1 Communication PL.1

- 1 Effectively ask and respond to questions within community, daily living and vocational activities. PL.1.1
- 2 Participate in conversations related to current events in the community and beyond. PL.1.2

2 Social Skills PL.2

- 1 Demonstrate expressive skills to participate effectively in a social exchange. PL.2.1

- 2 Demonstrate appropriate use of interpersonal communication skills in work, community and daily living situations. [PL.2.2](#)
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3 Self-Advocacy [PL.3](#)

- 1 Demonstrate effective self-advocacy skills to maximize independence in home, community and employment. [PL.3.1](#)
 - 2 Identify rights and responsibilities of citizens, including opportunities for civic participation. [PL.3.2](#)
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4 Problem Solving [PL.4](#)

- 1 Apply problem-solving skills to issues related to daily living situations. [PL.4.1](#)
 - 2 Create a solution to a problem based on a problem solving process. [PL.4.2](#)
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Lifelong Learning [LL](#)

1 Reading [LL.1](#)

- 1 Build word recognition within daily living and vocational materials. [LL.1.1](#)
 - 2 Understand and apply vocabulary related to community, daily living and vocational situations. [LL.1.2](#)
 - 3 Locate and use information from various sources to achieve a purpose. [LL.1.3](#)
 - 4 Appreciate the value of print materials, such as newspapers and magazines for informational and pleasure reading. [LL.1.4](#)
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2 Writing [LL.2](#)

- 1 Produce purposeful writing documents that follow conventional style, grammar, punctuation and spelling. [LL.2.1](#)
 - 2 Complete written forms related to life and job skills. [LL.2.2](#)
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3 Math [LL.3](#)

- 1 Use numbers in real-life situations, including basic computations, money and time. [LL.3.1](#)