Virginia Applied Studies Curriculum Map

Independent Living

Personal Management - The student engages in coordinated decision-making and actions that affect personal appearance, such as hygiene, grooming, and outward behavior. WRS: 4, 5, 6 IND- PERS

1 Recognize and Recall

- a Participate and respond to others in externally managed self-care routines IND- PERS.1A
- b Indicate SPIN(strengths, preferences, interests, and needs) IND- PERS.1B
- c Seek assistance when help is needed IND- PERS.1C
- d Communicate need to use the bathroom or need for assistance IND- PERS.1D
- e Recognize appropriate and challenging behavior identified in rules, laws and personal positive behavior support system IND- PERS.1E

2 Identify and Comprehend

- a Express preferences and perform portions of self-care routines IND- PERS.2A
- b Identify clothing appropriate to the weather IND- PERS.2B
- c Complete all components of getting dressed IND- PERS.2C
- d Complete several grooming tasks IND- PERS.2D
- e Make adjustments to appearance when notified IND- PERS.2E
- f Follow rules and routines in response to a positive behavior support system IND- PERS.2F
- g Make choices in a variety of situations and identifies reasons for making the choice IND- PERS.2G
- h Understand causes of conflict IND- PERS.2H
- i Identify changes and stress caused by changes IND- PERS.2I
- j Identify strategies to deal with stress IND- PERS.2J
- k Communicate anger, frustration or disapproval IND- PERS.2K

3 Interpret and Understand

- a Make choices and complete most selfcare routines IND- PERS.3A
- b Adhere to most expectations IND- PERS.3B
- c Use a self management system to follow rules, complete routines, regulate sensory needs, and/or manage individual stress IND- PERS.3C
- d Utilize and describe a decision making process IND- PERS.3D
- e Use time wisely IND- PERS.3E

f Communicate calmly and directly when there is conflict IND- PERS.3F

g Utilize strategies to deal with stress and anxiety IND- PERS.3G

4 Apply and Generalize

a Maintain, manage and modify appearance and self-care as needed IND- PERS.4A

b Regularly check appearance and make adjustments as needed IND- PERS.4B

c Follow rules and procedures IND- PERS.4C

d Self-manage behavior and stress IND- PERS.4D

e Self-advocate in adverse situations IND- PERS.4E

f Recognize a “bad day” and determine how to impact it in a way that turns negative into positive IND- PERS.4F

g Set priorities IND- PERS.4G

h Find ways to handle conflict IND- PERS.4H

Safety and Health - The student takes action that impacts the wellbeing of self or others including safety (prevents and reduces accidents and/or exposure to harm) and health knowledge. WRS: 2, 11 IND-SAFETY

1 Recognize and Recall

a Participate in and responds to another during health care routines and safety protocols IND-SAFETY.1A

b Recognize safety hazards and health concerns IND-SAFETY.1B

c Recognize personal boundaries IND-SAFETY.1C

d Identify names and faces of family, peers, teachers, and employers IND-SAFETY.1D

e Identify personal information (written or verbal to include, name, phone number, address, age, social security number) IND-SAFETY.1E

f Recognize warnings, hazardous materials, and dangerous situations IND-SAFETY.1F

g Recognize personal physical conditions (i.e. fever, dizzy tired, hungry) IND-SAFETY.1G

h Recognize people that can help IND-SAFETY.1H

2 Identify and Comprehend

a Respond to questions and expresses choices about health concerns IND-SAFETY.2A

b Identify personal boundaries and inappropriate and appropriate touching IND-SAFETY.2B

c Protest exploitative behaviors IND-SAFETY.2C

d Respond to questions about interpersonal violations IND-SAFETY.2D

e Identify community people, places, and functions IND-SAFETY.2E

f Identify emergency and non-emergency situations IND-SAFETY.2F

g Identify public and private information IND-SAFETY.2G

h Identify persons to contact or when to remove oneself from a dangerous environment, hazardous situation IND-SAFETY.2H

i Identify ways to maintain safety in common environments IND-SAFETY.2I

j Communicate personal medical information (allergies, current medications) IND-SAFETY.2J

3 Interpret and Understand

a Respond to safety hazard warnings IND-SAFETY.3A

b Report health concerns IND-SAFETY.3B

c Take care of some personal health needs IND-SAFETY.3C

d Maintain personal boundaries IND-SAFETY.3D

e Seek help when needed IND-SAFETY.3E

f Know persons to contact for assistance in emergency and nonemergency situations IND-SAFETY.3F

g Follow learned routine during emergency and non-emergency tasks (i.e., accessing services) IND-SAFETY.3G

h Relay information about hazardous situation by independently seeing assistance in situations (i.e., physically locating persons or calling family members or emergency personnel) IND-SAFETY.3H

i Safely self-administer medication using script, product labels, or task list. IND-SAFETY.3I

j Engage in exercise activities on a regular basis IND-SAFETY.3J

k Go to the doctor/ dentist on a regular basis IND-SAFETY.3K

l Avoid tobacco and other harmful substances IND-SAFETY.3L

4 Apply and Generalize

a Recognize and respond to safety hazards IND-SAFETY.4A

b Follow safety protocols IND-SAFETY.4B

c Warn and assist others in emergency situations IND-SAFETY.4C

d Practice self-care for minor injuries and illness IND-SAFETY.4D

e Seek information and medical help as needed IND-SAFETY.4E

f Follow prescribed medical treatments IND-SAFETY.4F

g Adhere to interpersonal boundaries and protocols IND-SAFETY.4G

h Escape or stop intrusive behavior IND-SAFETY.4H

i Report violations of self or witnessed to others IND-SAFETY.4I

j Integrate information and problem solves during emergency and non-emergency situations in the community, home or school IND-SAFETY.4J

k Identify situations to relay personal information and situations to withhold information IND-SAFETY.4K

l Independently terminate hazardous situation within control and seeks assistance in situations requiring additional assistance IND-SAFETY.4L

m Independently arrange to refill medications, make appointments, or identify necessary medical providers IND-SAFETY.4M

Handle stress in an appropriate manner IND- PERS.4I

i **Handle stress in an appropriate manner** IND- PERS.4I

Social and Communication - The student demonstrates skills necessary for positive interpersonal interactions and relationships. WRS: 3, 5, 6, 8 IND-SOCIAL

1 Recognize and Recall

a Share space and tolerate the presence of others IND-SOCIAL.1A

b Display positive expressions when sees a familiar face IND-SOCIAL.1B

c Greet others with a smile or appropriate gesture IND-SOCIAL.1C

d Display basic functions of communication: (making choices, requesting, gaining attention and/or rejecting) to interact with others within the context of familiar routines IND-SOCIAL.1D

e State likes and dislikes IND-SOCIAL.1E

f Gain attention of others IND-SOCIAL.1F

g Invite others to participate in recreational activities IND-SOCIAL.1G

h Allow peers to join in an activity IND-SOCIAL.1H

2 Identify and Comprehend

a Display basic functional communication in a variety of novel situations with a variety of communication partners IND-SOCIAL.2A

b Effectively communicate need for clarification IND-SOCIAL.2B

c Identify positive peer interactions IND-SOCIAL.2C

d Identify meaning of body language and responds appropriately IND-SOCIAL.2D

e Introduce self to others IND-SOCIAL.2E

f Identify conversational topics appropriate for different relationships IND-SOCIAL.2F

g Accept being corrected IND-SOCIAL.2G

h Refuse requests by others appropriately IND-SOCIAL.2H

i End conversations appropriately IND-SOCIAL.2I

j Establish peer relationships based on shared interest IND-SOCIAL.2J

k Help others when needed and appropriate IND-SOCIAL.2K

3 Interpret and Understand

a Initiate and respond in communication exchanges with others IND-SOCIAL.3A

b Demonstrate positive social interactions with both familiar and unfamiliar people IND-SOCIAL.3B

c Seek information from others in a variety of settings IND-SOCIAL.3C

d Discuss activities from the immediate past IND-SOCIAL.3D

e Offer corrections politely or not at all IND-SOCIAL.3E

f Make predictions about result of social interactions (social mapping) IND-SOCIAL.3F

g Relay pertinent information from social exchanges IND-SOCIAL.3G

h Maintain privacy for information that has been shared with them IND-SOCIAL.3H

4 Apply and Generalize

a Reciprocally communicate IND-SOCIAL.4A

b Elaborate upon information and seeks clarification as needed IND-SOCIAL.4B

c Apply and generalize effective communication and social conventions with a variety of people in a variety of settings and activities IND-SOCIAL.4C

d Take control of aversive situations, advocates with peers IND-SOCIAL.4D

e Demonstrate empathy toward others IND-SOCIAL.4E

f Detect level of interest of others within activities, adjusts behavior as needed IND-SOCIAL.4F

Mobility - The student demonstrates skills required to travel from one place to another. IND-MOBILITY

1 Recognize and Recall

a Respond to or follows another in movement from one place to another in a familiar environment IND-MOBILITY.1A

b Navigate the school building by independently moving from one place to another IND-MOBILITY.1B

c Recognize travel and safety signs IND-MOBILITY.1C

2 Identify and Comprehend

a Navigate from current location to a desired destination in a familiar environment/ community IND-MOBILITY.2A

b Identify personal transportation services or needs IND-MOBILITY.2B

c Identify the function of various community locations IND-MOBILITY.2C

d Understand the meaning of travel and safety signs IND-MOBILITY.2D

e Obey traffic laws as a pedestrian IND-MOBILITY.2E

3 Interpret and Understand

a Access public transportation services to travel to and from familiar places within the community with assistance IND-MOBILITY.3A

b Participate in travel training and/or is in possession of learner's permit for driving IND-MOBILITY.3B

c Secure and maintain personal transportation services IND-MOBILITY.3C

d Obey traffic laws as a pedestrian or cyclist IND-MOBILITY.3D

4 Apply and Generalize

a Use maps, signs, technology, and other resources to plan and navigate safe travel from one place to another IND-MOBILITY.4A

b Estimate travel time IND-MOBILITY.4B

c Modify and adapt travel plans as needed IND-MOBILITY.4C

d Contact others to report changes in travel plans/times as necessary IND-MOBILITY.4D

e Demonstrate driving skills and possess a driver's license OR navigates community with public/private transportation IND-MOBILITY.4E

Recreation and Leisure - The student demonstrates a repertoire of skills for alone time, personal development and/or community involvement. IND-REC

1 Recognize and Recall

a Respond in structured recreation, leisure activities facilitated by another IND-REC.1A

b Participate in Health and Physical Education Classes IND-REC.1B

c Participate in a variety of leisure activities with others IND-REC.1C

2 Identify and Comprehend

a Express choices and engages in highly preferred recreational/leisure activities IND-REC.2A

b Participate in self-directed leisure activities as part of a schedule (start and terminate activities independently IND-REC.2B

c Actively participate in new activities IND-REC.2C

3 Interpret and Understand

a Self-initiate and engage in preferred recreation and leisure activities during alone or down time IND-REC.3A

b Attend community events as participant or spectator IND-REC.3B

4 Apply and Generalize

a Act on preferences to develop, engage and expand personal interests and hobbies IND-REC.4A

b Effectively self-manage expected and unexpected free time IND-REC.4B

c Seek and maintain membership and participation in groups that develop personal interests and pursuits IND-REC.4C

Food Preparation - The student demonstrates skill that include organizing, planning, and preparing food including food safety and storage. IND-FOOD

1 Recognize and Recall

a Recognize common materials and items related to food prep (kitchen items, foods) IND-FOOD.1A

b Avoid potential dangers in the kitchen IND-FOOD.1B

c Eat a variety of healthy foods IND-FOOD.1C

d Clean up eating area when finished IND-FOOD.1D

e Use appropriate materials to eat food IND-FOOD.1E

f Sort food by storage requirements IND-FOOD.1F

2 Identify and Comprehend

a Categorize food by storage type, food group IND-FOOD.2A

b Prepare a simple snack IND-FOOD.2B

c Choose nutritious foods IND-FOOD.2C

d Safely manage all kitchen materials and equipment IND-FOOD.2D

e Identify different methods for cooking IND-FOOD.2E

f Safely manage and stores food items IND-FOOD.2F

g Maintain clean work areas. IND-FOOD.2G

h Identify food by nutrient (protein, carbohydrate, fiber, sugar, etc.) IND-FOOD.2H

3 Interpret and Understand

a Prepare a variety of simple meals for self IND-FOOD.3A

b Store food appropriately IND-FOOD.3B

c Plan snacks and meals for self IND-FOOD.3C

d Eat balanced meals IND-FOOD.3D

e Follow recipes to shop for meals IND-FOOD.3E

f Identify and dispose of food based on smell, appearance, and/or expiration date IND-FOOD.3F

g Determine appropriate time to reheat using a microwave IND-FOOD.3G

4 Apply and Generalize

a Plan and prepare a variety of meals for self and others utilizing a variety of cooking techniques IND-FOOD.4A

b Simultaneously manage multiple components of meal preparation IND-FOOD.4B

c Clean up after meals IND-FOOD.4C

Home Living/Management - The student demonstrates independence with completing routine cleaning, laundry, minor repairs, and other common tasks. IND-HOME

1 Recognize and Recall

a Clean up activities when complete IND-HOME.1A

b Return materials to designated places within structured routines IND-HOME.1B

c Identify examples of tools, cleaning supplies IND-HOME.1C

d Sort clean and dirty laundry IND-HOME.1D

2 Identify and Comprehend

a Maintain organized living space IND-HOME.2A

b Return materials to designated places out of the context of routines IND-HOME.2B

c Utilize correct materials to clean (dishes, clothes, bathrooms, floors, etc.) IND-HOME.2C

d Clean as part of guided routines (dishes, laundry, dusting, vacuuming, etc.) IND-HOME.2D

e Recognize a mess and clean it up IND-HOME.2E

3 Interpret and Understand

a Maintain a clean living space through regular cleaning IND-HOME.3A

b Complete laundry by identifying appropriate wash cycle, washing, drying, and folding IND-HOME.3B

c Independently clean specified areas IND-HOME.3C

d Plan and abide by household maintenance schedule (cleaning, emptying trash, collecting mail, changing sheets, etc.) IND-HOME.3D

e Effectively clean a variety of rooms typically found in a home IND-HOME.3E

4 Apply and Generalize

a Organize home and work space in a functional way IND-HOME.4A

b Make minor home repairs/adjustments (clear a clogged drain, setup Wi-Fi, tighten loose accessories, change light bulbs) IND-HOME.4B

c Recognize need for additional help IND-HOME.4C

d Maintain a cleaning schedule IND-HOME.4D

e Utilize a variety of resources to troubleshoot household problems IND-HOME.4E

Using Services - The student utilizes services and community resources such as a laundromat, post office, library, hair salon, take out, banks, etc. IND-SERVICES

1 Recognize and Recall

a Identify common locations by function/service provided IND-SERVICES.1A

2 Identify and Comprehend

a Use library IND-SERVICES.2A

b Order and pick up take-out food IND-SERVICES.2B

c Ask for assistance in stores IND-SERVICES.2C

3 Interpret and Understand

a Pay bills on time IND-SERVICES.3A

b Maintain a bank account IND-SERVICES.3B

c Use laundromat/dry cleaner routine IND-SERVICES.3C

d Utilize movie rental services IND-SERVICES.3D

4 Apply and Generalize

a Identify and utilize services for home maintenance and repair (calling landlord or contractor) IND-SERVICES.4A

b Make and keep appointments IND-SERVICES.4B

c Order and manage utilities and bills (electric, water, phone, cable, etc.) IND-SERVICES.4C

d Utilize customer service to address needs IND-SERVICES.4D

Wellness - The student demonstrates knowledge and engages in healthy practices in everyday life. IND-WELLNESS

1 Recognize and Recall

a Practice healthy habits and routines to limit spread of germs for a number of everyday tasks (bathroom use, washing hands, eating food, and blowing nose) IND-WELLNESS.1A

b Identify signs, words and symbols associated with poisonous products IND-WELLNESS.1B

c Use a prompt (visual or auditory) to increase independence with daily routines (i.e., picture task analysis, notes on iPad, timer or alarm reminders) IND-WELLNESS.1C

d Recognize signs of illness in self and/or others IND-WELLNESS.1D

2 Identify and Comprehend

a Express rules and guidelines related to intake of potentially poisonous or poisonous products used in your everyday life (i.e., mouthwash, bleach, detergent, aspirin, and nail polish) IND-WELLNESS.2A

b Identify who to call when feeling ill IND-WELLNESS.2B

3 Interpret and Understand

a Practice advanced skills to promote cleanliness and hygiene (wash clothing, clean surfaces, staying away from others who are sick, covering mouth/nose) IND-WELLNESS.3A

b Demonstrate understanding of germs/germ safety and associated risks IND-WELLNESS.3B

c Store and use protective gear to ensure safety and generalize knowledge about commonly used poisonous products to unfamiliar products (i.e., paint, gasoline, oil, turpentine) IND-WELLNESS.3C

d Use portable devices to provide task analysis of novel tasks and reminders (i.e., alarm for medicine intake, bathroom use) IND-WELLNESS.3D

4 Apply and Generalize

a Demonstrate understanding of healthy habits by generalizing steps in routines to novel situations or environments IND-WELLNESS.4A

b Demonstrate understanding of germs/germ safety and associated risks IND-WELLNESS.4B

c Demonstrate proper selection, use, storage, and disposal of various poisonous products (safety guidelines) IND-WELLNESS.4C

d Independently create and use task analyses or reminders to ensure safe and healthy practices (input medicine reminders) IND-WELLNESS.4D

e Exercises universal precautions IND-WELLNESS.4E

f Demonstrate understanding of who or how to contact others in an emergency or when feeling ill IND-WELLNESS.4F

Nutrition - The student demonstrates understanding of proper nutrition in order to lead a healthy life. IND-NUTRITION

1 Recognize and Recall

a Differentiate between food items (food vs. non- food items) IND-NUTRITION.1A

b Find menus of favorite restaurants on the internet IND-NUTRITION.1B

c Sample a variety of healthy food choices IND-NUTRITION.1C

2 Identify and Comprehend

a Identify food you need for health (fruit and vegetables vs. candy and chips) IND-NUTRITION.2A

b Demonstrate knowledge of labels and vocabulary (reading or site words) related to healthy eating (vitamin, calorie, sugars, fat, and salt) IND-NUTRITION.2B

c Identify nutritional information provided for select food on internet or on food labels (i.e., calories, fat, and saturated fat) IND-NUTRITION.2C

d Identify a variety of preferred healthy foods IND-NUTRITION.2D

3 Interpret and Understand

a Identify portion size and nutritionally balanced meals (i.e., Knowledge of food pyramid, ability to identify healthy portions, ability to develop daily menu) IND-NUTRITION.3A

b Read labels to select healthy foods based on two to three key nutritional values IND-NUTRITION.3B

c Compare and contrast nutritional information provided for select food on internet (i.e., calories, fat, saturated fat, vitamins, cholesterol, and salt) IND-NUTRITION.3C

d Purchase preferred healthy food or share healthy food choices with persons purchasing food in household and teachers or cooks/clerks in school cafeteria IND-NUTRITION.3D

4 Apply and Generalize

a Plan, prepare and consume at least two nutritionally balanced meals daily IND-NUTRITION.4A

b Make selections based on labels and individualized health needs (high cholesterol-look for low salt content, overweight - look for low calorie or fat or high fiber values, maintaining health-look for foods with Vitamins and fiber) IND-NUTRITION.4B

c Analyze differences in foods in terms of nutrition listed by researching food nutritional values on the internet IND-NUTRITION.4C

d Use knowledge of healthy food preferences to prepare and cook meals IND-NUTRITION.4D