

COLLEGE

PROGRAM

CATALOG

2024-2025



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ABOUT MICC



MICC is a 501(c)3 nonprofit vocational and life skills training program for autistic and neurodivergent young adults. Since our founding in 1996, MICC has remained dedicated to helping participants make successful transitions towards independent living and self-sufficiency.

At MICC, we believe that learning about life first-hand within a supportive community in a vibrant city is the best way to gain independence. We do this by offering MICC College, an apartment living program that teaches important life, social, and vocational skills. We continue to offer participants post-graduation support through programs in social engagement, emotional support, safety, wellness, independent living skills, and careers for sustainable independence.

Using MICC's College curriculum, participants learn in their apartments on campus, at the grocery store, in the workplace, at restaurants, and on public transportation—any practical environment where life skills are needed.

We have been accredited since 2015 by the Commission on Accreditation of Rehabilitation Facilities (CARF) International and have received the Platinum Seal of Approval from the Charities Review Council.

PROGRAM OVERVIEW



MICC College is a three-year program designed to teach participants independent living skills, social skills, and vocational skills, which they can use to build their education, career, and independence. Participants are assessed on their growth and development of skills throughout the program, and follows a step-down approach to instruction that prepares them for a high level of independence upon completion. The program also includes social engagement that encourages participants to join in on-campus activities, excursions in the local community, elective classes, and retreats to develop lasting friendships. The program has graduation requirements that apply to all participants pursuing a program certificate, ensuring consistency and quality programming.

YEAR 1

Participants focus on learning and developing foundational independent living skills, social and emotional skills, vocational skills, and establishing healthy living routines. Evening and weekend electives cover a broad scope of health and wellness. Programming supports participants in discovering the value and meaning of independent living, while creating an environment for peer relationships to flourish.

YEAR 2

As participants progress into Year 2 coursework, they continue to gain valuable social experiences and begin to develop their own community within an ever-changing real-world setting. The courses continue to guide participants in developing independent living skills, crucial to building independence and a healthy, balanced, and fulfilling life. Participants pursue industry certificate training including worksite practicums and exploring future job opportunities while gaining hands-on experience.

YEAR 3

The ability for participants to obtain and maintain employment to be able to live independently is the heart of our program. Year 3 courses and services teach the skills necessary to navigate the job search and interview process, build and maintain an understanding of apartment living, and successfully transition to independence. Participants receive individual transition support as they plan and prepare for the steps after program graduation which may include enrolling in MICC Community.

PROGRAM FEES OVERVIEW



Annual program fees include all instruction and instructional materials, class participation, activities, and electives, staff support (1:4 to 1:12 based on curriculum, staff:participant ratio), transportation, and activities. Participant advisory and support services are largely delivered 1:1 with dedicated staff, including advisors, instructors, job developers, and transition specialists.

Each semester contains 17 weeks of service and course delivery (excluding breaks), amounting to a total of 34 weeks each program year.

For participants using CDCS funding to pay for MICC College

MICC College fees include courses and services summarized below by primary categories. These fee categories are frequently used for budget line items in “Section B. Treatment and Training” and/or goal setting within CDCS Community Support Plans.

The fee breakdown of each course and service are outlined by year and semester. This information, along with course and service descriptions, can be included in the “Narrative and Goals” section of CDCS plans. The use of this cost structure may vary due to county preferences.

Room & Board are separate from the program fees listed and are not covered by CDCS.

2024–2025 Program Fees Summary

	YEAR 1		YEAR 2		YEAR 3	
	SEMESTER 1	SEMESTER 2	SEMESTER 1	SEMESTER 2	SEMESTER 1	SEMESTER 2
Independent Living Training	\$7,820	\$7,820	\$5,338	\$5,814	\$3,196	\$3,859
Health and Wellness	\$2,754	\$2,754	\$3,026	\$3,026	\$2,261	\$2,261
Social Skills	\$6,409	\$6,409	\$5,304	\$5,576	\$4,369	\$5,389
Math and Finance	\$612	\$612	\$544	\$544	\$1,088	\$1,088
Participant Resources and Advisory	\$5,525	\$5,525	\$4,165	\$4,165	\$5,865	\$5,865
Jobs and Employment	\$2,448	\$3,060	\$5,984	\$6,528	\$3,060	\$3,604
SEMESTER SUBTOTAL	\$25,568	\$26,180	\$24,361	\$25,653	\$19,839	\$22,066
ROOM AND BOARD	\$4,675	\$4,675	\$4,675	\$4,675	\$4,675	\$4,675
PROGRAM YEAR TOTAL	\$61,098		\$59,364		\$51,255	

YEAR 1 COST BREAKDOWN

This page details the individual courses and services with corresponding fees organized and subtotaled by primary category. If you utilize CDCS funding, these details, along with course and service descriptions, can be used to develop your CDCS plan.

YEAR 1 – SEMESTER 1	Cost
INDEPENDENT LIVING TRAINING	
Apartment Cooking 101	\$1,836
Menu Planning 101	\$612
Grocery Shopping 101	\$1,224
Apartment Cleaning 101	\$1,836
Personal Care 101 (<i>laundry, grooming, hygiene</i>)	\$612
Transportation 101 + Lab (<i>w/transit pass</i>)	\$1,700
Subtotal	\$7,820
HEALTH AND WELLNESS	
Exercise for Life 101 (<i>w/YMCA access</i>)	\$1,530
Physical Fitness and Health Electives	\$1,224
Subtotal	\$2,754
SOCIAL SKILLS	
Social Skills 101	\$1,836
Social Specialty (<i>Foundations of Independence</i>)	\$612
Apartment Circle	\$782
Electives from TEACH Categories	\$612
Leisure Social Skills 101	\$612
Social Engagement Activities	\$1,955
Subtotal	\$6,409
MATH AND FINANCE	
Budgeting and Banking 101	\$612
Subtotal	\$612
PARTICIPANT RESOURCES AND ADVISORY	
Advisory	\$2,295
Personal Supports	\$2,975
Emergency On-Call Support	\$255
Subtotal	\$5,525
JOBS AND EMPLOYMENT	
Career Exploration 101 + Lab	\$1,224
Computer Literacy 101	\$1,224
Subtotal	\$2,448
YEAR 1 – SEMESTER 1 TOTAL	\$25,568

YEAR 1 – SEMESTER 2	Cost
INDEPENDENT LIVING TRAINING	
Apartment Cooking 102	\$1,836
Menu Planning 102	\$612
Grocery Shopping 102	\$1,224
Apartment Cleaning 102	\$1,836
Personal Care 102 (<i>laundry, grooming, hygiene</i>)	\$612
Transportation 102 + Lab (<i>w/transit pass</i>)	\$1,700
Subtotal	\$7,820
HEALTH AND WELLNESS	
Exercise for Life 102 (<i>w/YMCA access</i>)	\$1,530
Physical Fitness and Health Electives	\$1,224
Subtotal	\$2,754
SOCIAL SKILLS	
Social Skills 102	\$1,836
Social Specialty (<i>Sexual Health</i>)	\$612
Apartment Circle	\$782
Electives from TEACH Categories	\$612
Leisure Social Skills 102	\$612
Social Engagement Activities	\$1,955
Subtotal	\$6,409
MATH AND FINANCE	
Budgeting and Banking 102	\$612
Subtotal	\$612
PARTICIPANT RESOURCES AND ADVISORY	
Advisory	\$2,295
Personal Supports	\$2,975
Emergency On-Call Support	\$255
Subtotal	\$5,525
JOBS AND EMPLOYMENT	
Career Exploration 102 + Lab	\$1,224
Workplace Safety 101	\$612
Industry Choice	\$612
Specialized Skills	\$612
Subtotal	\$3,060
YEAR 1 – SEMESTER 2 TOTAL	\$26,180

Room & Board and annual program costs are available on [page 4](#). CDCS plan writing should use line-item titles from the Program Fees Summary table for budgeted categories.

YEAR 1 COURSE DESCRIPTIONS



INDEPENDENT LIVING TRAINING

Apartment Cooking 101

Semester 1

This course is designed to introduce skills including basic kitchen safety, food preparation, reading or following recipes, and healthy eating. Participants will develop an understanding of maintaining a clean workspace, following a basic recipe and learn how to share and prepare meals with peers.

Apartment Cooking 102

Semester 2

In this course, participants will begin to independently demonstrate and practice kitchen safety skills and build personal recipe portfolios. Participants will develop an understanding of building personal balanced meal plans and healthy choices.

Menu Planning 101

Semester 1

This course is designed to help participants establish a meal plan strategy and prepare them for a week of healthy eating. For the purposes of this course, healthy eating follows the guidelines introduced within the Healthy Living curriculum. Instructors will teach several options for menu planning and creating a grocery list, and participants will find the option that best suits their needs. One-on-one support will be available for each step of the menu planning process. Participants will begin to identify food preferences and develop a basic menu plan. This course will support participants in identifying foods and recipes that fit their skill level. Participants will learn the basic cost of items and the basics of the Harvard Eating Plate to develop a balanced meal.

Menu Planning 102

Semester 2

In this course, participants will learn to identify when foods are expired to ensure they are menu planning appropriately. Additionally, participants will begin to add three new recipes with multistep directions per month to their menu plan, ensuring it includes snacks. By the end of this course, participants will have a basic understanding of the cost of common items in the grocery store to support staying within their personal grocery budgets.

Grocery Shopping 101

Semester 1

This course is designed to teach participants how to grocery shop for daily cooking and eating. Participants will shop with staff once each week. One-on-one instructor support will be provided in navigating the grocery store, locating items, comparing prices, tracking a budget, bagging groceries, and storing groceries in the apartment. Participants will start to learn the different departments in the grocery store and the best way to navigate the store. They will learn skills on how to price compare items to support being able to stay within a designated budget. Participants will be supported in practicing the check-out process including paying for and bagging their groceries. This course will also teach the proper food storage techniques when returning from the grocery store.

Grocery Shopping 102

Semester 2

In this course, participants will begin demonstrating their ability to navigate the store based on the items they have on their grocery list. Participants will begin to independently complete the check-out process and appropriately store items in their apartments.

YEAR 1

COURSE DESCRIPTIONS



INDEPENDENT LIVING TRAINING (continued)

Apartment Cleaning 101

Semester 1

This course is designed to teach participants the following skills: personal safety in the home, kitchen safety, home care, cleaning, and daily grooming and hygiene expectations. Participants will learn the basics of maintaining their space through managing clutter and receiving an introduction to proper cleaning techniques. This course will also teach the basics of keeping personal belongings secure and safe.

Apartment Cleaning 102

Semester 2

In this course, participants will continue to learn to utilize appropriate cleaning tools to maintain a clean-living space and maintain safety of themselves and personal belongings.

Personal Care 101 (laundry, grooming, hygiene)

Semester 1

This course will introduce participants to concepts and skills around personal care including personal grooming and hygiene, and laundry. Participants will learn the basic steps of doing their own laundry including sorting, washing, drying, folding, and putting clothes away.

Personal Care 102 (laundry, grooming, hygiene)

Semester 2

In this course, participants will begin to independently demonstrate and practice personal grooming and hygiene, and laundry. Participants will learn how to fit laundry into their schedule and complete all steps of the laundry process, as well as learn basic care maintenance.

Transportation 101 + Lab (w/transit pass)

Semester 1

Transportation 101 is a course designed to increase confidence and comfort in utilizing public transportation, researching itineraries, using maps, navigating, and traveling in the community. Participants will understand the basics of bus travel, navigating the local community with peers, and traveling to local destinations both by public transportation and as a pedestrian. By the end of this course, participants will have the skills and understanding to travel in small groups. They will obtain skills to prepare for trips independently, reassuring that they have all the resources and materials needed to do so.

Participants are provided with a transit pass that is an unlimited Go-To card that can be used on all Metro Transit buses and light rails. Participants who wish to enroll in Metro Mobility services will be supported in doing so.

YEAR 1 COURSE DESCRIPTIONS



INDEPENDENT LIVING TRAINING (continued)

Transportation 102 + Lab (w/transit pass)

Semester 2

In this course, participants will continue to access the community and independently identify places that they want and need to go and research to plan a route. During whole class and small group transportation trips, participants will utilize maps and travel resources, implement coping skills if an unexpected situation arises, problem solve in the instances of missing a bus or dealing with a delay, as well as beginning the process of bus transfers.

Participants are provided with a transit pass that is an unlimited Go-To card that can be used on all Metro Transit buses and light rails. Participants who wish to enroll in Metro Mobility services will be supported in doing so.

HEALTH AND WELLNESS

Exercise for Life 101 (w/YMCA access)

Semester 1

In this course, participants will learn and begin to understand the basics of exercise and the importance of maintaining a healthy life. Participants will receive exposure to basic exercise routines and will have the opportunity to explore a wide variety of activities at the gym, in the home, and in the community. This course provides participants with the skills to develop and meet goals for an exercise routine that fits within their lifestyle, abilities, and desires. Participants receive a YMCA pass for the facilities at the Southdale YMCA.

Exercise for Life 102 (w/YMCA access)

Semester 2

In this course, participants will begin to learn how to develop personal exercise goals and routines. Participants will expand upon their exposure to basic exercise routines and hobby or social based options. Participants receive a YMCA pass for the facilities at the Southdale YMCA.

Physical Fitness and Health Electives

Semesters 1, 2

See [Electives](#) section for details.

SOCIAL SKILLS

Social Skills 101

Semester 1

In this course, participants will focus on social and emotional learning skill building in the areas of personal behavior management, personal network, personal relationships, and stress and anxiety management. This course is designed to provide participants with information regarding the skills and behaviors connected to effective communication, nonverbal cues, conflict resolution, and teamwork. Support in practicing these skills will be offered in practice sessions through activities and team engagement. It provides participants with the tools and strategies essential in developing and maintaining meaningful relationships. Participants will learn elements of self-awareness, types of relationships, and boundaries within those relationships. They will learn values and the development of a moral code, as well as what constitutes a healthy intimate relationship.

YEAR 1 COURSE DESCRIPTIONS



SOCIAL SKILLS (continued)

Social Skills 102

Semester 2

This course is a continuation of the introduction of social and emotional learning concepts including personal behavior management, personal network, personal relationships, and stress and anxiety management. By the end of this course participants will learn the “unwritten rules” of social interaction and demonstrate these skills. Participants will learn and practice effective communication and team building skills to meet a common goal. Participants will gain a better understanding of their disability and how it affects them in their life. Participants will develop core skills needed to effectively communicate, build trust, foster relationships, and will learn about unique leadership qualities for each participant.

Social Specialty: Foundations of Independence

Semester 1

Recognizing the significance of this transitional phase, this course is thoughtfully designed to guide participants in successfully taking their first steps of independence at MICC. This course is collaboratively taught by the College Advisory team.

In addressing fundamental aspects of the college experience, the curriculum includes topics such as managing homesickness, recognizing stressors, developing coping strategies, fostering self-advocacy, establishing healthy sleep routines, setting boundaries, and an introduction to sexual health.

Social Specialty: Sexual Health

Semester 2

In this course, participants will be introduced to concepts around sexual health, sexual safety and consent, and personal boundaries. Participants will learn to develop personal sexual boundaries and understand how to protect themselves. Participants will review human anatomy and strategies to maintain health. Participants will also develop a basic understanding of LGBTQIA+ concepts and identities.

Electives from TEACH Categories

Semesters 1, 2

See [Electives](#) section for details.

Leisure Social Skills 101

Semester 1

This course is designed to increase self-awareness of personal hobbies and interests that participants can access within their communities. Participants will develop program offerings with peers and learn the skills needed to plan, communicate, host, and evaluate personal shared experiences. Leisure Skills include: initiating and planning activities, identification of personal interests, and identifying positive behavior within various social settings.

Leisure Social Skills 102

Semester 2

This course is designed to increase self-awareness of personal hobbies and interests that participants can access within their communities. Participants will develop program offerings with peers and learn the skills needed to plan, communicate, host, and evaluate personal shared experiences. Leisure Skills include: initiating and planning activities, identification of personal interests, and identifying positive behavior within various social settings.

YEAR 1 COURSE DESCRIPTIONS



SOCIAL SKILLS (continued)

Apartment Circle

Semesters 1, 2

This course focuses on developing communication, advocating, and problem-solving skills to assist participants in developing positive relationships with their roommates. This course is designed to use the format of Peacekeeping Circles with a facilitator and a talking piece for weekly meetings in participant apartments. Roommates participate in a structured conversation on a variety of topics. The questions are designed to draw out participant needs, concerns, and opinions, so they can build positive relationships.

Social Engagement Activities

Semesters 1, 2

Social programming allows participants to gather around a common interest or hobby. It includes a wide variety of evening and weekend Social Engagement experiences feature on-campus activities and clubs, off-campus excursions, and social events. Through social programming, participants can apply skills learned from social skills courses in real-world social settings.

MATH AND FINANCE

Budgeting and Banking 101

Semester 1

The goal of this course is to develop an awareness of the independent skills needed to maintain positive financial standing. This course is designed to provide participants with an introduction to the activities, skills, and behaviors related to budgeting and banking, as well as providing opportunities for increased financial awareness through real-world scenarios. Participants will begin to understand the estimated cost of goods and services. Participants will also begin to understand the importance of maintaining a designated budget and the difference between wants, needs, and impulse purchases.

Budgeting and Banking 102

Semester 2

In this course, participants will learn how to reduce their financial vulnerability by understanding their personal areas of vulnerability. They will also learn about the potential consequences of being financially vulnerable and take actions to address any identified issues or concerns. Participants will learn skills and behaviors associated with financial independence and saving money, understand the benefits of financial independence, and begin to develop the behaviors necessary to gain financial independence. Specifically, participants will begin to understand the differences in transaction types and practice exchanging money in various scenarios. Participants will begin to evaluate their personal budget and expand their knowledge of wants versus needs.

YEAR 1 COURSE DESCRIPTIONS



PARTICIPANT RESOURCES & ADVISORY

Advisory

Semesters 1, 2

In advisory, participants receive individualized support to set personal goals, understand the impact of personal decisions, and navigate problem solving techniques. Participants address the following competencies: Medication Knowledge, Medication Use, Medication Coordination, Daily Grooming & Hygiene, Sleep Routine and Habits, On Campus Appointment Management, Off Campus Appointment Management, Money Management, Personal Disability Awareness, and Advocating and Accessing Supports.

Personal Supports

Semesters 1, 2

Participants have access to a student support line during daytime hours outside of regular scheduled classes and services which is answered by MICC staff. This may include support with personal schedules, resource navigation, problem solving, conflict resolution, self-improvement, and transportation coordination. Participants may receive coaching with ongoing issues, collaborative support planning or immediate concerns related to challenges with peers, family or in the workplace. If applicable, participants may receive staff support with medication management.

Emergency On-Call Support

Semesters 1, 2

Participants have access to Emergency On-Call line during the hours of 10:00 PM-8:00 AM daily and all-day on holidays and closures. This support may consist of problem solving and/or immediate response for assistance at a participant's home due to a health or personal emergency. This service does not replace the use of 911 in an emergency.

**The following course is an as-needed option:*

Enhanced Support Options for Continued Enrollment

Semesters 1, 2

To support a participant's retention, the MICC team may propose additional support hours beyond the standard program offerings. These supplementary services, covering various aspects to ensure continued enrollment, may be accessible for an additional fee.

YEAR 1 COURSE DESCRIPTIONS



JOBS AND EMPLOYMENT

Career Exploration 101 + Lab

Semester 1

In Career Exploration, participants will develop skills in working with employers and explore employment opportunities in their community. Participants will create and solidify their resume, improve their ability to answer interview questions, understand professional behavior and apparel, and skills to connect with employers and coworkers via email and telephone. Participants will partake in mock interviews with MICC staff and be given feedback based on a rubric. This course is the first of three that make up the Workplace Readiness certificate.

Career Exploration 102 + Lab

Semester 2

In this course, participants explore topics such as resume writing, networking, and interviewing. These workshops are presented by Best Buy employees virtually via Zoom. Participants will also hear from various corporate professionals in the Twin Cities area, such as Target. The goal of this course is to have participants explore the necessary career skills to retain employment and expand job opportunities for the future. All participants will partake in mock interviews with Best Buy or Target employees and be given feedback based on a rubric.

Computer Literacy 101

Semester 1

In this course, participants will be proficient in industry-standard online applications and programs. Participants will be guided through training for Google applications such as Docs, Gmail, and Sheets at length, specifically their collaborative functionalities and file organization systems. Participants will create budget and paycheck breakdown spreadsheets from scratch and send professional emails about common professional communication. Computer Literacy's curriculum includes lessons in online safety and identifying key warning signs of common phishing attempts by identity thieves. With programming and design becoming an in-demand qualification in the workplace, participants will be introduced to HTML and drag-and-drop webpage design with online programs. They will also be introduced to creating and editing photos and videos for potential use in future employment.

Workplace Safety 101

Semester 2

This course will focus on broad safety practices in several areas of the professional world as well as targeted procedures involving food handling skills, internet and communication safety, universal emergency codes, and bloodborne pathogens. All safety content taught in this course is related to specific industries that will be expanded upon in industry certificate courses in Year 2. By the end of the course, each participant will earn their ServSafe certification through an exam from the National Restaurant Association. This will benefit them in their personal food handling and is a qualification for many service-based careers. Broad safety practices taught include emergency procedures, safe moving and lifting, and first aid training.

YEAR 1 COURSE DESCRIPTIONS



JOBS AND EMPLOYMENT (continued)

Industry Choice

Semester 2

This course will expand on information and the process of choosing an industry certificate for Year 2. Participants will explore entry-level jobs specific to the industry certificates offered while identifying personal strengths in relation to their options. Support will be given with participant interest surveys, self-evaluation checklists, program interviews, and letters of intent for participants' choice programs. After taking this course, participants will be enrolled in their industry certificate in preparation for Year 2.

Specialized Skills

Semester 2

In this course, participants will continue to develop work readiness skills, work with an instructor to reinforce their current resume, and complete independent certifications in an area of their choice. Specialized Skills Lab is led by participant interest and allows participants to choose how to invest their time. The nature of this course emphasizes independent study, research, and self-advocacy skills that will be useful while searching for practicums during Year 2 and, eventually, while searching for employment. Participants will receive the support of an MICC instructor based on participant need. Participants will leave this course with at least one certificate of completion based around a skill that will be helpful in future employment.

YEAR 2 COST BREAKDOWN

This page details the individual courses and services with corresponding fees organized and subtotaled by primary category. If you utilize CDCS funding, these details, along with course and service descriptions, can be used to develop your CDCS plan.

YEAR 2 – SEMESTER 1	Cost	YEAR 2 – SEMESTER 2	Cost
INDEPENDENT LIVING TRAINING		INDEPENDENT LIVING TRAINING	
Apartment Cooking 201	\$1,088	Apartment Cooking 202	\$1,088
Menu Planning 201	\$544	Menu Planning 202	\$544
Grocery Shopping 201	\$1,088	Grocery Store Transportation	\$1,564
Apartment Cleaning 201	\$1,088	Apartment Cleaning 202	\$1,088
Transportation 201 (w/transit pass)	\$1,530	Transportation Capstone (w/transit pass)	\$1,530
Subtotal	\$5,338	Subtotal	\$5,814
HEALTH AND WELLNESS		HEALTH AND WELLNESS	
Exercise for Life 201 (w/YMCA Access)	\$1,394	Exercise for Life 202 (w/YMCA Access)	\$1,394
Holistic Health 201	\$544	Holistic Health 202	\$544
Physical Fitness and Health Electives	\$1,088	Physical Fitness and Health Electives	\$1,088
Subtotal	\$3,026	Subtotal	\$3,026
SOCIAL SKILLS		SOCIAL SKILLS	
Social Skills 201	\$1,088	Social Skills 202	\$1,088
Social Specialty (Food with Friends)	\$544	Social Specialty (Food with Friends)	\$816
Apartment Circle	\$782	Apartment Circle	\$782
Electives from TEACH categories	\$544	Electives from TEACH categories	\$544
Social Engagement Activities	\$2,346	Social Engagement Activities	\$2,346
Subtotal	\$5,304	Subtotal	\$5,576
MATH AND FINANCE		MATH AND FINANCE	
Personal Finance 201	\$544	Personal Finance 202	\$544
Subtotal	\$544	Subtotal	\$544
PARTICIPANT RESOURCES AND ADVISORY		PARTICIPANT RESOURCES AND ADVISORY	
Advisory	\$1,530	Advisory	\$1,530
Personal Supports	\$2,380	Personal Supports	\$2,380
Emergency On-Call Support	\$255	Emergency On-Call Support	\$255
Subtotal	\$4,165	Subtotal	\$4,165
JOBS AND EMPLOYMENT		JOBS AND EMPLOYMENT	
Pre-Employment Development	\$544	Pre-Employment Development	\$544
Industry Certificate Options: Food Service/ Hospitality Digital Careers, or Health/ Human Services		Industry Certificate Options: Food Service/ Hospitality Digital Careers, or Health/ Human Services	
Industry Certificate Skills	\$2,176	Industry Certificate Skills	\$1,088
Industry Certificate Practicum	\$3,264	Industry Certificate Practicum	\$4,896
Subtotal	\$5,984	Subtotal	\$6,528
YEAR 2 – SEMESTER 1 TOTAL	\$24,361	YEAR 2 – SEMESTER 2 TOTAL	\$25,653

Room & Board and annual program costs are available on [page 4](#). CDCS plan writing should use line-item titles from the Program Fees Summary table for budgeted categories.

YEAR 2

COURSE DESCRIPTIONS



INDEPENDENT LIVING TRAINING

Apartment Cooking 201

Semester 1

In this course, participants will work to develop a list of three to five recipes that can be prepared independently. Participants will practice building skills to develop healthy eating habits and planning a balanced diet.

Apartment Cooking 202

Semester 2

In this course, participants will develop a person-centered menu, meal plan and a portfolio of recipes that are prepared independently. Participants will learn to demonstrate personal cooking preferences and advocate for accommodations.

Menu Planning 201

Semester 1

This course is designed for participants to gain more independence in planning a week of healthy eating. For the purposes of this course, healthy eating is defined as that which follows the guidelines introduced within the Healthy Living curriculum. One-on-one support will be available as needed. Participants will start to be able to identify the foods currently in their home they can make new meals with. Participants will expand their menu plan to cook up to five new menu items and develop a better understanding of menu planning and staying within their personal budget.

Menu Planning 202

Semester 2

In this course, participants will be able to consistently ensure they are identifying expired foods and replacing what they need. Participants will expand their recipe portfolio to five to seven menu items they can cook independently. Participants will begin to master their understanding of common items purchased and staying within their personal budget.

Grocery Shopping 201

Semester 1

This course is designed to teach participants how to grocery shop for daily cooking and eating. Participants will continue to increase their independence in all aspects of grocery shopping including navigating the store, price comparison, check-out process, and proper storage. Participants will shop with staff once each week. One-on-one instructor support will be provided as needed.

Grocery Store Transportation

Semester 2

Participants will have access to transportation provided by MICC to and from the grocery store. Services may also include support from staff to plan and solve problems with other independent means of transportation.

Apartment Cleaning 201

Semester 1

This course is designed for participants to practice the following skills: personal safety in the home, kitchen safety, home care, cleaning, and daily grooming and hygiene expectations. Participants will learn how to develop a personal cleaning schedule based upon their class and social schedules.

YEAR 2 COURSE DESCRIPTIONS



INDEPENDENT LIVING TRAINING (continued)

Apartment Cleaning 202

Semester 2

In this course, participants will continue to develop their skills and begin to master balancing their home cleaning schedules with class, social, and extracurricular schedules.

Transportation 201 (w/transit pass)

Semester 1

In this course, participants practice traveling to essential destinations they will need to visit for personal, social, and employment. Participants begin by traveling in small groups with the support of an instructor available during class time to assist if necessary. Participants will continue to learn how to self-regulate in unfamiliar settings, cope with unexpected schedule changes, and learn what to do when lost in the community. Participants will practice the skills learned in previous classes, including paying for rides, using mobile transportation applications, and community safety skills. Participants will travel primarily in small groups within the community, including walking, Metro Transit, and ride-share options.

Participants are provided with a transit pass that is an unlimited Go-To card that can be used on all Metro Transit buses and light rails. Participants who wish to enroll in Metro Mobility services will be supported in doing so.

Transportation Capstone (w/transit pass)

Semester 2

Participants will develop a portfolio and personal plan of locations they feel comfortable going to as well as the methods and locations they may need to travel to in the future for personal, social, and work purposes. Additionally, instructors will work to identify individuals who could benefit from alternative public transportation options (Metro Mobility or Limited Mobility) and begin the application process. Participants who utilize alternative transportation options will practice booking rides and independently utilizing those services to travel to essential destinations during class time.

Participants are provided with a transit pass that is an unlimited Go-To card that can be used on all Metro Transit buses and light rails. Participants who wish to enroll in Metro Mobility services will be supported in doing so.

HEALTH AND WELLNESS

Exercise for Life 201 (w/YMCA access)

Semester 1

In this course, participants will begin to demonstrate expanding their personal exercise stamina. They will work with instructors to plan personal exercise goals to be incorporated into class. Participants will receive a YMCA pass for the facilities at the Southdale YMCA.

YEAR 2

COURSE DESCRIPTIONS



HEALTH AND WELLNESS (continued)

Exercise for Life 202 (w/YMCA access)

Semester 2

This course will emphasize building personal accountability into exercise goals and learning how to adapt exercise to meet personal needs. Participants will continue to develop confidence incorporating personal exercise goals into class and within their own personal time. Participants will receive a YMCA pass for the facilities at the Southdale YMCA.

Holistic Health 201

Semester 1

This course will introduce the seven dimensions of health and wellness: emotional, physical, social, financial, environmental, spiritual, and occupational. Through classroom discussion and projects, participants will make connections between the seven dimensions and their personal lives.

Holistic Health 202

Semester 2

Throughout this course, participants will learn how the seven dimensions of health and wellness work together in making us the best and healthiest versions of ourselves. Participants will be able to identify what dimensions they need to work on, and the necessary tools to put healthy habits into practice.

Physical Fitness and Health Electives

Semesters 1, 2

See [Electives](#) section for details.

SOCIAL SKILLS

Social Skills 201

Semester 1

In this course, participants will focus on building skills to maintain and strengthen personal friendships. Participants will develop a deeper understanding and practice of navigating social situations. Participants will identify personal stress management coping skills and increase their self-awareness.

Social Skills 202

Semester 2

In this course, participants will practice and demonstrate navigating social situations and self-advocacy. Participants will develop an understanding of healthy relationships and identify the types of relationships that currently exist in their personal network. Participants will learn more about advocacy movements and individual rights, such as the disability rights movement and voting, and how their self-advocacy connects to the broader community. Participants will also learn about different social identities and how to navigate social interactions in a diverse and complex world.

Social Specialty: Food with Friends

Semesters 1, 2

This course is designed to teach participants how to utilize and implement the skills learned in previous Social Emotional, Healthy Living, and Independent Living classes. This course takes place both on campus and in the local community. Participants will learn how to participate in common social events with their peers.

YEAR 2

COURSE DESCRIPTIONS



SOCIAL SKILLS *(continued)*

Apartment Circle

Semesters 1, 2

This course focuses on developing communication, advocating, and problem-solving skills to assist participants in developing positive relationships with their roommates. This course is designed to use the format of Peacekeeping Circles with a facilitator and a talking piece for weekly meetings in participant apartments. Roommates participate in a structured conversation on a variety of topics. The questions are designed to draw out participant needs, concerns, and opinions, so they can build positive relationships.

Electives from TEACH Categories

Semesters 1, 2

See [Electives](#) section for details.

Social Engagement Activities

Semesters 1, 2

Social programming allows participants to gather around a common interest or hobby. It includes a wide variety of evening and weekend Social Engagement experiences feature on-campus activities and clubs, off-campus excursions, and social events. Through social programming, participants can apply skills learned from social skills courses in real-world social settings.

MATH AND FINANCE

Personal Finance 201

Semester 1

This course is designed to assist participants in learning helpful techniques for maintaining a budget, building savings for emergencies, money saving tips, as well as defining what is a necessity versus a want. By implementing these techniques, participants will be able to develop a personal financial plan and/or understand how to access financial planning support. Participants will identify a personal goal for their spending habits or budget. In this course, participants will practice using different payment methods for transactions and bills.

Personal Finance 202

Semester 2

This course is designed to assist participants in learning helpful techniques for maintaining a budget, building savings for emergencies, money saving tips, as well as defining what is a necessity versus a want. By implementing these techniques, participants will be able to develop a personal financial plan and/or understand how to access financial planning support. Participants will identify a personal goal for their spending habits or budget. In this course, participants will practice using different payment methods for transactions and bills.

YEAR 2

COURSE DESCRIPTIONS



PARTICIPANT RESOURCES & ADVISORY

Advisory

Semesters 1, 2

In advisory, participants receive individualized support to set personal goals, understand the impact of personal decisions, and navigate problem solving techniques. Participants address the following competencies: Medication Knowledge, Medication Use, Medication Coordination, Daily Grooming & Hygiene, Sleep Routine and Habits, On Campus Appointment Management, Off Campus Appointment Management, Money Management, Personal Disability Awareness, and Advocating and Accessing Supports.

Personal Supports

Semesters 1, 2

Participants have access to a student support line during daytime hours outside of regular scheduled classes and services which is answered by MICC staff. This may include support with personal schedules, resource navigation, problem solving, conflict resolution, self-improvement, and transportation coordination. Participants may receive coaching with ongoing issues, collaborative support planning or immediate concerns related to challenges with peers, family or in the workplace. If applicable, participants may receive staff support with medication management.

Emergency On-Call Support

Semesters 1, 2

Participants have access to Emergency On-Call line during the hours of 10:00 PM-8:00 AM daily and all-day on holidays and closures. This support may consist of problem solving and/or immediate response for assistance at a participant's home due to a health or personal emergency. This service does not replace the use of 911 in an emergency.

**The following course is an as-needed option:*

Enhanced Support Options for Continued Enrollment

Semesters 1, 2

To support a participant's retention, the MICC team may propose additional support hours beyond the standard program offerings. These supplementary services, covering various aspects to ensure continued enrollment, may be accessible for an additional fee.

YEAR 2

COURSE DESCRIPTIONS



JOBS AND EMPLOYMENT

Pre-Employment Development

Semesters 1, 2

In this course, participants continue learning about the tools and resources associated with finding a job in the community. This is the second of three courses that make up the Workplace Readiness certificate. Participants explore employment topics related to navigating job search engines, completing job applications, identifying references, and interviewing. Participants work to develop soft skills for the workplace, including communication, teamwork, and accepting feedback. The goal of this course is to prepare participants for job development in Year 3.

Industry Certificate Options:

- **Digital Careers**
- **Food Service/Hospitality**
- **Health/Human Services**

Digital Careers Skills and Practicum

Semesters 1, 2

The Digital Careers industry certificate is designed to give participants the skills needed to gain an entry-level position in digital and virtual employment, technology-based retail, and data-entry related positions that involve heavy use of technology. The main goal of this course is earning the IC3 GS6 Level 1 certification. This certificate has 7 competency areas: Technology Basics, Digital Citizenship, Information Management, Content Creation, Communication, Collaboration, and Safety and Security.

Participants will have a choice of provided industry certifications to pursue using LearnKey through Certiport. Certifications could include Adobe, Apple using Swift, general programming, IT Specialist, Microsoft, and more.

Participants will practice acquired skills in a real-life, supported environment as they participate in practicum with facilitation from managers and staff at local businesses. These experiential learning opportunities allow participants to work in realistic workplace expectations and gain the foundational skills needed to work in any customer-facing environment. Participants will build work routines to support their future independent employment goals. Due to the nature of technology-based employment, participants can participate in virtual “work from home” practicum options if the employer is virtually based.

Food Services/Hospitality Skills and Practicum

Semesters 1, 2

The Food Service/Hospitality industry certificate focuses on teaching participants the skills to successfully navigate a career in food or guest services position. Participants attend classes where they learn important skills regarding customer service, food safety, recipe execution, and fielding guest requests. They also attend a practicum that serves as practice for cooking, serving, and volunteering as part of a service-based team with a manager at one of several local employers. Participants focus strongly on skills needed to succeed in a service-based position such as efficiency, social skills development, attention to detail, and endurance.

Practicum allows participants to discover the varieties of food and guest service positions available by exploring both large and small-scale establishments. Participants leave with a concrete understanding of the food service and hospitality industry and the skills they need to thrive in any relevant position.

YEAR 2

COURSE DESCRIPTIONS



JOBS AND EMPLOYMENT ***(continued)***

Health/Human Services Skills and Practicum

Semesters 1, 2

The Health/Human Services industry certificate supports skill development through direct, hands-on learning experiences and critical reflection around health and hygiene, safety, communication strategies, time management and technical skills used in the health services industry. Participants experience tours and guest speakers who assist with exploring opportunities and help with gaining knowledge of occupations and skills that are utilized within the field. Areas of learning include healthcare systems, health care facilities, pharmacies, assisted living, childcare / education, and personal care supports.

Participants will practice acquired skills in a real-life, supported environment as they participate in their practicum with facilitation from managers at local businesses. These experiential learning opportunities allow participants to perform under realistic workplace expectations and gain the foundational skills needed to work in any customer-facing environment. Participants will build work routines to support their future independent employment goals.

YEAR 3 COST BREAKDOWN

This page details the individual courses and services with corresponding fees organized and subtotaled by primary category. If you utilize CDCS funding, these details, along with course and service descriptions, can be used to develop your CDCS plan.

YEAR 3 – SEMESTER 1	Cost
INDEPENDENT LIVING TRAINING	
Apartment Cooking Capstone	\$544
Menu Planning Capstone	\$544
Grocery Store Transportation	\$1,564
Apartment Cleaning Capstone	\$544
Subtotal	\$3,196
HEALTH AND WELLNESS	
Exercise for Life 301 (w/YMCA Access)	\$782
Holistic Health 301	\$544
Physical Fitness and Health Electives	\$544
YMCA Shuttle	\$391
Subtotal	\$2,261
SOCIAL SKILLS	
Social Skills Capstone	\$544
Social Specialty (Senior Transition)	\$544
Apartment Circle	\$391
Electives from TEACH categories	\$544
Social Engagement Activities	\$2,346
Subtotal	\$4,369
MATH AND FINANCE	
Personal Finance 301	\$544
Rent Wise	\$544
Subtotal	\$1,088
PARTICIPANT RESOURCES AND ADVISORY	
Advisory	\$1,530
Senior Transition Planning	\$2,295
Personal Supports	\$1,785
Emergency On-Call Support	\$255
Subtotal	\$5,865
JOBS AND EMPLOYMENT	
Careers Placement/Retentions Services*	\$3,060
Subtotal	\$3,060
YEAR 3 – SEMESTER 1 TOTAL	\$19,839

YEAR 3 – SEMESTER 2	Cost
INDEPENDENT LIVING TRAINING	
Independent Living Skills & Wellness Checks	\$2,295
Grocery Store Transportation	\$1,564
Subtotal	\$3,859
HEALTH AND WELLNESS	
Exercise For Life Capstone (w/YMCA Access)	\$782
Holistic Health Capstone	\$544
Physical Fitness and Health Electives	\$544
YMCA Shuttle	\$391
Subtotal	\$2,261
SOCIAL SKILLS	
Social Skills Capstone	\$544
Post-Graduation Preparation	\$782
Apartment Circle	\$391
Electives from TEACH categories	\$544
Social Engagement Activities	\$3,128
Subtotal	\$5,389
MATH AND FINANCE	
Personal Finance Capstone	\$544
Rent Wise	\$544
Subtotal	\$1,088
PARTICIPANT RESOURCES AND ADVISORY	
Advisory	\$1,530
Senior Transition Planning	\$2,295
Personal Supports	\$1,785
Emergency On-Call Support	\$255
Subtotal	\$5,865
JOBS AND EMPLOYMENT	
Careers Placement/Retention Services*	\$3,060
Employment Support and Retention	\$544
Subtotal	\$3,604
YEAR 3 – SEMESTER 2 TOTAL	\$22,066

Room & Board and annual program costs are available on [page 4](#). CDCS plan writing should use line-item titles from the Program Fees Summary table for budgeted categories.

YEAR 3

COURSE DESCRIPTIONS



INDEPENDENT LIVING TRAINING

Apartment Cooking Capstone

Semester 1

In this course, participants will develop a personal plan for how they will continue to maintain a balanced diet, understand their personal support needs, and plan for how they will prepare meals. Part of this class will be a person-centered project where participants will share their personal recipe portfolios they plan to use post-graduation.

Menu Planning Capstone

Semester 1

In this course, participants will practice independently planning for a week of balanced eating. For the purposes of this course, balanced eating is defined as that which follows the guidelines introduced within the Healthy Living curriculum. Participants will develop a personal plan for healthy eating and menu planning which includes the ability to identify recipes and the necessary ingredients to complete the recipes.

Apartment Cleaning Capstone

Semester 1

This course is designed for participants to demonstrate independence in the following skill: personal safety in the home, kitchen safety, laundry care, home care, cleaning, and daily grooming and hygiene expectations. The course emphasis will be on developing a personal plan they can implement post-graduation.

Independent Living Skills & Wellness Checks

Semester 2

For this service, participants will receive ILS & Wellness checks which may include support in maintaining skills and designing independent plans for post-graduation in the areas of menu planning, laundry, cleaning, and cooking.

Grocery Store Transportation

Semesters 1, 2

Participants will have access to transportation provided by MICC to and from the grocery store. Services may also include support from staff to plan and problem solve other independent means of transportation.

HEALTH AND WELLNESS

Exercise for Life 301 (w/YMCA access)

Semester 1

In this course, participants will demonstrate and master a comprehensive knowledge and understanding of all forms of exercise including balance, strength, flexibility, and cardiovascular activities. Participants will demonstrate an understanding of their personal exercise interests and master the skills to incorporate and maintain exercise into their personal schedules. Participants will receive a YMCA pass for the facilities at the Southdale YMCA.

YEAR 3

COURSE DESCRIPTIONS



HEALTH AND WELLNESS (continued)

Exercise for Life Capstone (w/YMCA access)

Semester 2

In this capstone course, participants will develop and present their personal plan for how they will apply exercise to their life after graduation. The capstone presentation will include a plan for when personal schedules change and how participants plan to adapt and maintain the skills they have acquired. Participants will receive a YMCA pass for the facilities at the Southdale YMCA.

Holistic Health 301

Semester 1

In this course, participants will understand the impacts the dimensions of health and wellness have on their lives and begin to incorporate healthy living practices into various aspects of their daily life.

Holistic Health Capstone

Semester 2

In this capstone course, each participant will identify a personal healthy living initiative and create a tool intended to improve their quality of life as an independent adult. Participants will work with instructors to research, plan, and implement their healthy living initiative.

Physical Fitness and Health Electives

Semesters 1, 2

See [Electives](#) section for details.

YMCA Shuttle

Semesters 1, 2

Shuttles are offered at various times throughout the week for College seniors. Participants can sign up to receive transport to and from the Southdale YMCA to support independent health and fitness. In this service, participants will navigate the spaces and identify personalized fitness routines and are encouraged to develop and utilize a weekly fitness journal.

SOCIAL SKILLS

Social Skills Capstone

Semesters 1, 2

In this course, participants will develop a system to support maintaining relationships, stress management, self-management, and self-awareness to utilize beyond graduation.

Social Specialty: Senior Transition

Semester 1

This course is designed to expose senior participants to available resources and tools in MICC and the greater community. Throughout this course Participants will be introduced to both internal and external supports, staff, and a variety of topics to assist with their decision-making process. The intended goal of this course is to allow participants the opportunity to explore a variety of options and come to an appropriately informed decision based on their own needs for their post-graduation plan.

YEAR 3

COURSE DESCRIPTIONS



SOCIAL SKILLS *(continued)*

Post-Graduation Preparation

Semester 2

In this service, participants will utilize the knowledge and skills they have gained at MICC by working 1:1 or in small groups with Transition staff to initiate post-graduation tasks. Each week, Transition staff will be available to assist participants with housing applications, apartment planning, future service coordination, service exploration or other needs identified by participants and Transition staff. This service is intended to ease the stress of transition by allowing participants the opportunity to complete post-graduation tasks with support before leaving MICC.

Apartment Circle

Semesters 1, 2

This course focuses on developing communication, advocating, and problem-solving skills to assist participants in developing positive relationships with their roommates. This course is designed to use the format of Peacekeeping Circles with a facilitator and a talking piece for weekly meetings in participant apartments. Roommates participate in a structured conversation on a variety of topics. The questions are designed to draw out participant needs, concerns, and opinions, so they can build positive relationships.

Electives from TEACH Categories

Semesters 1, 2

See [Electives](#) for details.

Social Engagement Activities

Semesters 1, 2

Social programming allows participants to gather around a common interest or hobby. It includes a wide variety of evening and weekend Social Engagement experiences feature on-campus activities and clubs, off-campus excursions, and social events. Through social programming, participants can apply skills learned from social skills courses in real-world social settings.

MATH AND FINANCE

Personal Finance 301

Semester 1

In this course, participants will begin to develop and independently manage their current personal financial budgets. Participants will demonstrate an understanding of key financial concepts as they relate to their personal finances and beyond.

Personal Finance Capstone

Semester 2

In this capstone, participants will develop a personal financial plan and budget for after graduation. Within the plan, participants will identify their personal income, expenses, and develop two to three financial goals.

YEAR 3

COURSE DESCRIPTIONS



MATH AND FINANCE ***(continued)***

Rent Wise

Semesters 1, 2

In this course, participants will better understand the benefits of a cooperative relationship with rental property managers and learn how to find adequate, safe, affordable housing. This includes gathering information to evaluate rental housing, practicing financial tasks related to housing, understanding lease agreements, identifying methods to keeping housing clean and safe, and more.

PARTICIPANT RESOURCES & ADVISORY

Advisory

Semesters 1, 2

In advisory, participants receive individualized support to set personal goals, understand the impact of personal decisions, and navigate problem solving techniques. Participants address the following competencies: Medication Knowledge, Medication Use, Medication Coordination, Daily Grooming & Hygiene, Sleep Routine and Habits, On Campus Appointment Management, Off Campus Appointment Management, Money Management, Personal Disability Awareness, and Advocating and Accessing Supports.

Senior Transition Planning

Semesters 1, 2

In this course, participants along with their families will work with MICC Transition staff to identify post-graduation plans. Transition staff will distribute a monthly Senior Transition newsletter containing timely information to focus on that month that aligns with the Senior Transition Timeline. Participants with their family's support will identify future housing needs and find housing for post-graduation. Participants will also identify what support may still be needed for medication, personal finances, and personal health. They will work to solidify future routines for managing personal health, relationships, work/leisure balance, and family communication. Transition staff will do individual check-ins with seniors and their families throughout the year to provide support and answers questions that may arise during the year. To help seniors and their family plan for after graduation support, Transition staff will lead transition planning meetings to discuss future service plans and recommendations for each senior. If continuing services at MICC post-graduation, services and support will be set up.

Personal Supports

Semesters 1, 2

Participants have access to a student support line during daytime hours outside of regular scheduled classes and services which is answered by MICC staff. This may include support with personal schedules, resource navigation, problem solving, conflict resolution, self-improvement, and transportation coordination. Participants may receive coaching with ongoing issues, collaborative support planning or immediate concerns related to challenges with peers, family or in the workplace. If applicable, participants may receive staff support with medication management.

YEAR 3 COURSE DESCRIPTIONS



PARTICIPANT RESOURCES & ADVISORY (continued)

Emergency On-Call Support

Semesters 1, 2

Participants have access to Emergency On-Call line during the hours of 10:00 PM-8:00 AM daily and all-day on holidays and closures. This support may consist of problem solving and/or immediate response for assistance at a participant's home due to a health or personal emergency. This service does not replace the use of 911 in an emergency.

**The following course is an as-needed option:*

Enhanced Support Options for Continued Enrollment

Semesters 1, 2

To support a participant's retention, the MICC team may propose additional support hours beyond the standard program offerings. These supplementary services, covering various aspects to ensure continued enrollment, may be accessible for an additional fee.

JOBS AND EMPLOYMENT

Careers Placement/Retention Services

Semesters 1, 2

Year 3 participants receive MICC Careers services in four phases, in alignment with EIMN: Engage, Plan, Find, and Keep.

Job Developers assist participants in searching for jobs and exploring career paths/industries based on participants goals and preferences. This may include utilizing online job search engines (i.e. Indeed, Monster, MN Council of Nonprofits, State of MN Careers, Linked In, etc.). Participants may engage in job exploration activities such as informational interviews, career fairs, business tours or job shadowing. Job Developers also assist in networking, resume/cover letter development, filling out applications, interview prep and in-person support, and onboarding a new job.

Once a participant has a job, or enters Year 3 employed, Job Developers assist in retaining their position. Transportation training and planning (i.e. Metro Mobility scheduling, Metro Transit assistance, and support with card balances) are offered. Ongoing career support with training in accommodations, coworker interactions, feedback and annual reviews, paycheck support, and taxes are given based on each participant's specific support needs.

Note: Participants who utilize CDCS funding are eligible for coverage in the Engage, Plan, and Keep phases, but not for the Find phase. Phases are tracked by the number of weeks services are provided, which varies per participant and is billed accordingly. No Find services provided by MICC Careers will be billed to MN waivers.

YEAR 3

COURSE DESCRIPTIONS



JOBS AND EMPLOYMENT ***(continued)***

Employment Support and Retention

Semester 2

In this course, participants will practice the skills they need to accept a new position, identify needed support, understand new employee documents and procedures, and retain employment. In addition, the course will address communication and interpersonal skills, understanding work culture, managing stress, and work ethics. The goal of this course is to provide support and retention to participants seeking employment and discuss any challenges they face in their first semester receiving job development services.

ELECTIVES



MICC ELECTIVES OVERVIEW

At MICC, elective courses are special classes taught by trained MICC staff. There are two types of electives: **TEACH (Technology, Environment, Arts, Community, and Hobby)** and Physical Fitness and Health. Electives let participants come together based on shared interests or hobbies. In these classes, participants work on staying physically fit, managing stress, doing fun activities, and building a positive social group.

Elective courses are intentionally designed to match what participants are interested in and give them chances to practice social skills they've learned in other classes. The staff leading the electives help with social skills and give feedback in real-time.

Before each semester, participants choose which electives they want to take the following semester. They can stick with the same ones or try new ones.

Every semester, participants must take three electives, with at least one from the TEACH category. TEACH classes are beginner-level, and participants are encouraged to explore more within the community for further learning. Physical Fitness and Health Electives give participants group activities for fun and fitness. We want to encourage an active lifestyle even after graduation by offering these classes.

TEACH ELECTIVES (1 PER SEMESTER)

TEACH: TECHNOLOGY

History of Video Games

In this course, participants will explore how video games have evolved over time to become one of the most popular forms of entertainment, storytelling, and socialization. Participants will participate in group discussion, critique, and be evaluated on exploration of interests outside the course.

Intro to Information Technology: Google Series

In this course, participants will be guided through training for Google applications such as docs, Gmail, calendar, and sheets, specifically their collaborative functionalities and file organization systems. Participants will develop professional emails skills, online safety, and internet netiquette. Quick start guides will be available as well as online learning modules for each application.

ELECTIVES



Introduction to Video and Recording Production

Participants in this course will explore media forms such as commercials, public service announcements, movie scenes, documentaries, and music videos. Skills learned will include preproduction planning and writing, production, postproduction, camera techniques, equipment use, video editing and graphics, and sound editing. Additional emphasis will be media literacy and digital citizenship, encouraging participants to think critically to analyze current media forms as well as media industry practices.

Lego Masters

In this course, participants will explore their creativity and problem-solving abilities through the use of Lego. Each week participants will be given a themed Lego challenge that they must complete either on their own or with a team.

Music Composition and Recording Techniques

This course is a hands-on study of modern recording, mixing, programming and post-production techniques, oriented toward musically inclined participants with the interest to record themselves and others in a personal recording studio environment. Through a series of hands-on projects culminating in a final recording, programming and mixing project, participants will learn the fundamentals of audio technology, microphones, and recording techniques.

Social Media Mindset

In this course, participants will discuss, watch, and present topics related to social media. Social media is a new part of our culture and can be used to express yourself in positive ways but can also have an impact on our social well-being. This course will require access to social media platforms and a smartphone, tablet, or computer.

TEACH: ENVIRONMENT

Experience America's National Parks

This course is a great option for participants who love nature and traveling. Participants will explore America's beautiful natural attractions through video and research. This course will explore the stories of America's people and places. These stories are found across our nation's landscapes in more than four hundred national parks, in national heritage areas, along historic trails and waterways, and in every neighborhood. Learn about the natural resources in parks, from the rocks under our feet to the sky overhead. Investigate the issues that affect our parks and how we join with neighbors and partners to address them.

Gardening

This course entails further work in designing the campus garden, as well as creating a stunning courtyard and Zen Garden area here at MICC. Participants will delve deeper into enhancing environmentally sustainable practices while discovering which plants and vegetables flourish best in Minnesota's climate. Anticipate getting your hands dirty in this engaging elective.

ID ME

In this course, participants will use various guidebooks and dichotomous keys to identify natural resources within the local areas. Natural resources include birds, mammals, trees, plants, leaves, etc.

ELECTIVES



Life on our Planet

This course explores the history of life on our planet. Participants will watch and participate in activities related to our changing earth and how civilizations and species have come and gone. Understanding Life's extraordinary journey to conquer, adapt and survive on Earth across billions of years will support a greater understanding of our environment and natural world. Participants will understand how our climate has changed through major events and discuss what major changes could occur in our lifetimes.

Nature Photography

In this course, participants will venture into our community and practice photography techniques through phone photography. Participants will learn and practice skills such as framing, depth of field, and shooting subject matter. Both fall and spring semester; participants will focus on the dichotomy of Minnesota's natural resources. This will culminate in an open art gallery final presentation. Participants will work alongside one another to develop constructive criticism and communication skills.

Simply Science

This course explores the world of science and the impact it has on us. In this course, participants will gain a greater understanding of how our natural world and scientific advancements collide. Every week, Simply Science will tackle a new experiment and get background info on why things react the way they do. Expect a lot of hands-on learning, discovering, and overall experimenting!

TEACH: ART

Art Exploration

In this course, participants will learn about the different artistic mediums, such as acrylic, water coloring, clay, and pastels. This course will develop participants' skills as artists while developing favorite mediums and creating larger-scale projects to challenge them.

Crafting

This course is designed for participants who wish to learn a variety of different crafts. Participants will learn how to knit, quilt, and make books. Additionally, participants will gain exposure to leather working, rope work, clay, and other mediums. Participants will develop an appreciation for hand craftsmanship by exploring the various techniques employed by different cultures around the world. Hand-eye coordination skills and focus will be improved as participants create a multitude of handmade items themselves. For each project, participants will consider design elements and aesthetic attributes that will improve their piece. Understanding how something is made, and why it's made that way, is more vital to modern life than ever. Participants are encouraged to provide some project materials.

Drawing

Participants will learn how to draw with pencils, pens, charcoals, and pastels. Learn the different styles between sketching, cartoon, life, and figure drawing. This course will focus on perspective line drawing and how the use of simple vertical, horizontal, and diagonal lines can be used to create both realistic and abstract pieces.

ELECTIVES



Evolution of Music

In this course, participants will explore musical styles throughout history and discuss how music has evolved and why music is important to us. Each week a different decade will be discussed, and participants are encouraged to explore culturally significant works and artists. Participants will develop group discussion, active listening, and communication skills.

Reading and Writing

In this course participants will be reading books of your choice, practicing writing in your own personal style, and taking part in informal discussions each week. Participants will learn to apply knowledge of the characteristics and elements of literary forms. They will apply knowledge of word origins, analogies, metaphors, and similes to extend their vocabulary development. In addition, participants will write in a variety of formats with an emphasis on creative expression, continuing to concentrate on the areas of composing, written expression, and usage/mechanics.

Rock Band

Get ready to rock this semester! Participants should have some experience with an instrument, reading music, or singing in front of a group alone. This course will meet regularly and additionally before performances. Participants interested in this course should expect to be performing in front others in multiple settings.

TEACH: COMMUNITY

Ambassador Program

The MICC Admissions Ambassador program is an advanced elective that junior, senior, and Community participants can join. Participant ambassadors assist MICC's Admissions team with tours, on-campus events, and promoting MICC at resource events. Ambassadors share with prospective participants and families what it is like to be a participant at MICC. Throughout the program, ambassadors attend weekly elective classes, during which they practice their communication skills and professionalism while learning more about MICC's programs, logistics, and history.

Community Partner Offerings (*General*)

MICC works to partner with educational programs to offer both regular and one-off electives. Electives in this category have included: Cow tipping press, History Theatre, Kairos Alive!, and other local organizations to bring their passions and specialties to MICC.

Hidden Gems

In this course participants will seek out local areas that are not typically traveled. The MSP area has lots of large attractions and there are many less known places to explore. This course will incorporate participants planned outings to explore new places and spaces within the local community.

ELECTIVES



Leadership

This course is designed to provide a basic introduction to leadership by focusing on what it means to be a good leader. Emphasis in the course is on the practice of leadership. The course will examine topics such as: understanding leadership; recognizing leadership traits; engaging people's strengths; understanding philosophy and styles; attending to tasks and relationships; developing leadership skills; creating a vision; establishing a constructive climate; listening to out-group members; handling conflict; addressing ethics in leadership and overcoming obstacles. Participants will assess their leadership traits and skills to improve their own leadership performance.

Media Arts

The course in media arts is designed to teach participants the various forms of journalism, application, and analysis of media, as well as writing skills. Participants will engage in multiple forms of media, with a strong focus on newspaper writing. This course is supplemental to the design of a school tabloid. Participants are expected to contribute articles to the production of the paper. Each participant will be assigned a different section per week to write and review.

TEACH: HOBBY

Board and Card Games

In this course, participants will be playing board games and card games. Through these games, participants will learn to apply logic, critical thinking, reasoning, and social skills. Participants are encouraged to bring their own games as well as select games that they would like to try and share with others.

Brain Games

It is time for a mental workout. In this course we will complete puzzles, brain teasers, riddles, wordles, and more. Brain games help work on your memory, attention, focus, problem-solving, logic, and creating thinking. Work through problems on your own or in a group.

Cataloging your Collection

Whether you are a seasoned collector or just starting out, many people naturally acquire items they have a passion for. Collecting behavior can be fun but tricky when there are financial or physical barriers. In this course we will discuss collecting, its history, watch popular clips about collections, and end the semester with an exhibition highlighting your collection so you can share your passion with others.

Cinema Through the Decades

This course offers participants the opportunity to examine history through the camera lens. Participants will learn to analyze films critically in an attempt to understand the filmmaking process and to evaluate film as a cultural and historical artifact. As critical film viewing is integral to the curriculum, participants should be comfortable with viewing all ratings of movies and films. Participants may opt out of certain films by special arrangement with the instructor recommendations.

ELECTIVES



Improv

In this experiential course, participants will learn and build upon the tenets and rules of theatrical improvisation, with ultimate emphasis on applying these to one's own life. Through theatre games, and improvised experiences and performance, participants will work toward freeing themselves physically, vocally, emotionally, and mentally, to stimulate creativity, imagination, self-expression, and the collaborative spirit. Public speaking and stage presence should be expected regularly with this course.

Modern Mythology

Superheroes and comic book characters have become the modern equivalent to the gods and titans of classical mythology. In this course participants will explore and discuss how actual historical events inspired favorite comic book stories and how, in turn, those stories have impacted modern culture.

PHYSICAL FITNESS AND HEALTH ELECTIVES (2 PER SEMESTER)

2 Wheelin'

Whether you pedal or kick, 2 wheeled transportation is a great way to get around. In this course, participants will travel in groups and learn safety and tricks to getting around on two wheels. MICC provides scooters but participants may elect to use their bicycles. Helmets are required and pads are recommended when traveling to the skatepark.

5K Walk to Run

Whatever your pace, you can complete a 5K! This course will teach the fundamentals of reaching your end goal of completing a 5K race no matter your speed (3.1 miles). Participants will be assessed on their ability to understand the importance of fitness through running and fast-paced walking, strengthening exercises, and working out in their personal time. This course will work in partnership with MICC's Advancement department to partner with the MICC 5K planning and race support in semester 1.

Dance Fitness

Experience the benefits of Dance Fitness! Unlike traditional fitness, Dance Fitness combines the energy of dance with the benefits of a full-body workout. Dances can be performed on mats, chairs, inside or outside. Participants will work to improve their cardiovascular health and endurance, and build strength, coordination, and confidence on the dance floor. Benefits include increasing range of motion and flexibility, improving balance and coordination, stimulates nervous and circulatory system, and strengthen ligaments and tendons within joints.

Fitness Exploration

Every week we will explore a different type of fitness workout so that participants can learn what type of fitness they enjoy. Activities will be chosen based on participant interests along with courses that are offered at the YMCA. This allows participants the opportunity to dive deeper into a fitness course if they find the introduction enjoyable. This course requires a YMCA membership.

ELECTIVES



Flashback Fitness

Flash through the decades with us and experience what fitness used to be. Participants will learn about the different forms of fitness that were popular in each decade and how they have shaped and influenced the way we exercise today. Participants will get to experience different forms of physical exercise that were popular back in the 1900s and see how they have evolved over time. So, step back in time and join us on this exciting journey through the history of fitness.

Healthy Campus Collaboration

In this course, participants will work with an MICC instructor to plan healthy initiatives for MICC staff as well as participants. MICC is dedicated to the health and wellness of all of our community and in this class, participants partner to develop and implement their ideas. Past ideas include vegetable garden, composting, water challenges, healthy eating challenges, and more!

HIIT Cardio Boxing

In this course, we will be incorporating various boxing, and martial arts moves into high intensity interval training (HIIT) exercises that will focus on increasing cardiovascular fitness as well as muscular strength and endurance. Participants will be assessed on their ability to understand the importance of fitness through different body movements, exercises, and the importance of working out in their personal time. This course is a non-contact cardio boxing course.

International Cooking

International Cooking is a course designed to introduce participants to different cultures and cuisines from around the world. Over the course, participants will study different countries and their geography, culture, customs, food traditions, and history. All the information learned will be meant to present participants with awareness and appreciation of different cultures, while allowing them to practice basic cooking skills.

Journaling

Journaling is a powerful tool for self-reflection, personal growth, and creative expression. In this course, participants will explore the art of journaling, such as different techniques, styles, and prompts to help you explore your thoughts, feelings, and experiences. Participants will also explore the benefits of journaling and can develop their journaling skills.

Low Impact Fitness

Low impact does not equate to an easier workout. Rather, it involves discovering alternative ways to reduce stress and pressure on our joints. Through this approach, participants will enhance both cardiovascular and muscular endurance while building strength and improving their cardio fitness in a high-intensity, low-impact workout.

Mental Management

This course is a two-part course in mental management. The first half will focus on the 7 steps of problem solving and how they are used in our everyday life. The second half of the semester will focus on mental management and mindsets to reach out optimal selves. Participants will learn and develop skills that can be used in their independent life.

ELECTIVES



Nutrition

Nutrition is both a science and social science. Basic facts and principles of human nutrition are presented in this course. Participants may learn about the science of nutrition, social aspects of eating, and an understanding of how food is processed in the body. In this course participants will discuss, make, and present food related topics and choices.

On the Ice

Ice sports are a thrilling and exciting way to stay active and challenge yourself both physically and mentally. Participants will discover the unique rules, techniques, and equipment used in sports, and learn about the history and evolution of ice sports. You will have the opportunity to develop your skills in each sport through drills, exercises, and practice games. Participants will learn about different ice sports such as, but not limited to, figure skating, ice hockey, speed skating, and curling.

Outdoor Recreation

In Minnesota, there is so much the great outdoors has to offer. Outdoor recreation encompasses leisure group activities that take place in a natural setting and benefit the body, mind, and spirit. In this elective, participants will gain exposure to commonly accessible outdoor activities in the community. Come try and explore the diverse types of hobbies the outdoors can offer.

Outdoor Survival

Ever want to learn what to do if you were stuck on an island. Join this class to learn the basics of being stuck on an island. In this class we will go over different ways to build a fire, using nature to build a shelter, etc. You will be learning on the basic needs if you are back packing across the United States to tenting in your back yard. Join us if you love the outdoors.

Power Up

Ready, Player 1? In this fitness course participants will power up their participation through interactive lessons related to gaming and fitness. Work through levels together to complete tasks and power up your fitness level. This course often contains a sequence of flashing lights which may affect participants susceptible to photosensitive epilepsy or other photo sensitivities.

Quiet the Mind

In this course, participants will be introduced to meditation; a grounding practice which helps you to know yourself better, appreciate yourself, others and your surroundings. Other benefits may include being more relaxed and better sleep. Meditation may help to activate our rest-and-digest system and begin the process of ushering our body back to a more natural and calm state. Through mediation, participants can begin to notice your body and mind more easily let go of daily stressors and challenges. You feel calmer. You can focus more clearly. You can be more creative. You feel more balanced and comfortable in your daily life.

Recreation and Safety Education Training

During this course participants will have the opportunity to get certified in a number of hobby-based activities that require additional training. Opportunities include but are not limited to snowmobile safety training, off-road vehicle safety training, ATV safety training, natural resources education training, hunter education, boating safety, ice safety, and more. Some of these trainings require an additional fee and practical experience that participants may schedule independently from MICC.

ELECTIVES



Sports Enthusiasts

Sports enthusiasts are people who are passionate about sports! Spend your time with likeminded individuals learning sports history and playing a variety of sports including basketball, hockey, football, soccer, baseball, and more. Learn how to best communicate and work as a team with your peers. This will be an active and engaging elective for those who would like more movement. This course will alternate between active participation and watching games, reading about sports and athletes, tracking scores, etc.

Story Telling Fitness

Putting a creative spin on fitness courses! In this course, we will take elements of tabletop roleplaying games (Dungeons and Dragons) and combine them with exercises for a unique fitness adventure. Participants will be assessed on their ability to understand the importance of fitness through different movements, exercises, and working out in their personal time.

Strength Training and Cardio

This course focuses on both strength and cardiovascular training. Strength training, also known as weight or resistance training, is physical activity designed to improve muscular strength and fitness by exercising a specific muscle or muscle group against external resistance, including free-weights, weight machines, or your own body weight. Cardiovascular exercise is any activity that increases heart rate, promotes heart and lung health, and reduces the risk of high blood pressure, diabetes and cancer. Strength training boosts the metabolism by building lean muscle mass, preventing obesity, and limiting bone loss. This course requires a YMCA membership.

Swimming

Swimming is a popular sport and exercise. In this course, participants need to have entry level knowledge and skills to navigate the YMCA pool. Independent practice is the foundation of the course. Staff may provide guidance, motivation, and advice without providing formal lessons. Swim tests may be required to participate in this elective course. This course requires a YMCA membership.

Team Sports

Team sports includes any sport where individuals are organized into opposing teams which compete to win. Team members act together towards a shared objective. Participants Get the opportunity participate in a variety of team sports. Team sports include but are not limited to soccer, basketball, ultimate frisbee, or boot hockey.

Yoga

This elective can help improve physical strength, flexibility, and posture, while enhancing mental awareness. Participants will be assessed on their ability to understand the importance of fitness through different poses, stretches, and working out in their personal time.

FINANCIAL SERVICES AT MICC



MICC's Financial Services Office supports current and prospective participants and families, their external support teams (i.e. case managers, support planners, Financial Management Services (FMSs) and other stakeholders) to help with the process of financial readiness, guide and answer questions, and share financial resources.

The MICC Financial Services team consists of individuals from the finance, admissions, and transition teams, all collaborating across programs to support families in the following areas:

- We provide education, resources, and support on how families can afford MICC's programs and connect participants to resources to help maintain independence post-graduation.
- We strive to support increased accessibility to MICC's programs and reduce barriers to entry. Financial accessibility is vitally important to us, and we focus on empowering families by sharing available Federal, State, and County resources to help offset private pay costs.
- We recognize that MICC is a significant financial commitment. We want you to have all the information necessary to ensure financial readiness.

MICC has various resources for incoming and returning participants, families, and support professionals. Please connect with the Financial Services Office directly for information related to important dates and deadlines, MICC Financial Assistance application and details, frequently asked questions, and other resources regarding third-party funding and program costs.

MICC Financial Services Office

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MICC

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