

Do you want to  
**THRIVE?**



**Post Secondary Program**



UNIVERSITY OF  
CENTRAL  
MISSOURI  
LEARNING TO A GREATER DEGREE

# Post-Secondary Programs are growing.

- THRIVE started in August of 2010
- Was the first program in Missouri to offer the residential component
- Real college experience
- Now 5 programs exist in Missouri.
- We've had many universities come to visit and look at creating their own program.



# THRIVE Mission Statement

Empowering students with intellectual and developmental disabilities to be independent, participating members of their communities.



# THRIVE Philosophy

Focus on self determination as exemplified by the six threads of the THRIVE program:

Transformation

Health

Responsibility

Independence

Vocation

Education



Success will be measured by student outcomes that demonstrate equality of opportunity, full participation, independent living and self sufficiency.



# THRIVE

While seeking a two year certificate of success, students 18-25 years of age will participate in THRIVE classes, elective classes of their choice, internships, social activities and residential living on campus to develop:

- self-reliance
- academic skills
- independent living skills
- vocational skills
- wellness practices



Typical classes	Semester One
THRIVE Seminar I: University Foundations	Monday - Friday
Daily & Independent Living Skills	Tuesday – Friday
Technology Literacy Class / Lab	Tuesday – Friday
Relationships 101	Friday
Recreation / Fitness Course	Monday/Wednesday/Friday
Beginning Bowling    8 weeks	Monday/Wednesday or Tuesday/Thursday
Valuing Differences    8 weeks	Monday/Wednesday or Tuesday/Thursday
Academic Skills: PLATO Math, Reading & Language Arts    (6 hours a week)	
Person Centered Planning appointment twice a week (Counselor In Training/Teacher)	
Communication Pragmatics Small Group	Study Hall two nights a week



# Expectations:

- Do their own homework
- Get around campus on their own.
- Same rules as rest of students on UCM Campus.
- Responsible for schedule and time management.
- Responsible for class attendance and meetings.
- Responsible for own physical and mental well-being:  
Medication, appointments, personal hygiene.



# Collaborative Effort

- THRIVE Advisory Committee
- Office of Accessibility
- Kinesiology Department
- Welch-Schmidt Communication Disorders Clinic
- Counseling Ed Department
- Public Safety/I-IX
- Local Businesses/UCM Organizations
- UCM Professors

# THRIVE Advisory Committee

- This year THRIVE also has the assistance of an Advisory Committee.
- This committee is made up of a parent of a student with special needs, a local district special education coordinator, Special Education Teacher, Assoc. Dean of Education, OAS Director, Asst. Housing Director at UCM, Associate Vice Provost for Student Services / Title IX Coordinator, and the THRIVE Director.

Typical classes	Semester One
THRIVE Seminar I: University Foundations	Monday - Friday
Daily & Independent Living Skills	Tuesday – Friday
Technology Literacy Class / Lab	Tuesday – Friday
Relationships 101	Friday
Recreation / Fitness Course	Monday/Wednesday/Friday
Beginning Bowling    8 weeks	Monday/Wednesday or Tuesday/Thursday
Valuing Differences    8 weeks	Monday/Wednesday or Tuesday/Thursday
Academic Skills: PLATO Math, Reading & Language Arts    (6 hours a week)	
Person Centered Planning appointment twice a week (Counselor In Training/Teacher)	
Communication Pragmatics Small Group	Study Hall two nights a week



# Vision Statement

- THRIVE also contributes to the mission of the University of Central Missouri by training future educators and human service professionals. We partner with staff and graduate students in the Counseling Department, the Communication Disorder Department and the PE Department as they provide services for our THRIVE students.



Typical classes	Semester Two
Workplace & Community Skills	Monday/Wednesday
THRIVE Seminar II: Learning Strategies	Monday/Wednesday/Friday
Personal Math	Tuesday/Thursday
Recreation / Fitness Course	Monday/Wednesday/Friday
Academic Skills: PLATO Math, Reading & Language Arts (6 hours a week)	
Person Centered Planning appointment twice a week (Counselor In Training/Teacher)	
Communication Pragmatics Small Group	Study Hall two nights a week
Elective Courses- Introductory with no prerequisites	
<ul style="list-style-type: none"> <li>Child Development</li> <li>Individual and Family Relations</li> <li>Acting I</li> <li>Personal Health</li> <li>Modern Dance I</li> <li>Child &amp; Adolescent Behavior</li> <li>Jazz Dance</li> </ul>	<ul style="list-style-type: none"> <li>Public Speaking</li> <li>First Aid &amp; CPR</li> <li>Lifetime Fitness</li> <li>Electronic Technology</li> <li>History of 1877 to Present</li> <li>Film Appreciation</li> <li>Drawing I</li> </ul>



# Program Expectations

- Student choice in Classes and Internship
- Attend all classes and meetings.
- Supports are the same as other college students.
- Complete all 4 semesters to get Certificate of Success.
- Student utilizes UCM and THRIVE supports to assist with job searches.
- Three-part foundation: THRIVE Staff, students, and Parents.



Typical classes	Semester Three
THRIVE Seminar III: Transition Planning I	Tuesday/Thursday
Internship Class I	TBD
Recreation / Fitness Course	Monday/Wednesday/Friday
Academic Skills: PLATO Math, Reading & Language Arts (6 hours a week)	
Person Centered Planning appointment twice a week (Counselor In Training/Teacher)	
Communication Pragmatics Small Group	Study Hall two nights a week
Internship	12-20 hours a week
Elective Courses-Credit or Auditing based on student interest or career path	
<ul style="list-style-type: none"> <li>Individual and Family Relations</li> <li>Acting I</li> <li>Exploring Religion</li> <li>Introduction to College Writing</li> <li>American Sign Language</li> <li>Drawing II</li> <li>Fitness for a Global Community</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to Photography</li> <li>First Aid &amp; CPR</li> <li>Stagecraft</li> <li>Lifetime Fitness</li> <li>Race, Class, and Gender</li> <li>Intro to Criminal Justice</li> <li>Weather and Climate</li> </ul>



# Communication Expectations:

- Philosophy of program is not to force student to attend classes, vocational experiences, and activities.
- Person Centered Planning-Student centered and focused. Communication through the student on classes and internship options.
- Student will seek out appropriate THRIVE staff for assistance.



Typical classes	Semester Three
THRIVE Seminar III: Transition Planning I	Tuesday/Thursday
Internship Class I	TBD
Recreation / Fitness Course	Monday/Wednesday/Friday
Academic Skills: PLATO Math, Reading & Language Arts (6 hours a week)	
Individualized Person Centered Planning appointment twice a week (Counselor In Training/Teacher)	
Communication Pragmatics Small Group	Study Hall two nights a week
Internship (individualized)	12-20 hours a week
Elective Courses-Credit or Auditing based on student interest or career path	
<ul style="list-style-type: none"> <li>Individual and Family Relations</li> <li>Acting I</li> <li>Exploring Religion</li> <li>Introduction to College Writing</li> <li>American Sign Language</li> <li>Drawing II</li> <li>Fitness for a Global Community</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to Photography</li> <li>First Aid &amp; CPR</li> <li>Stagecraft</li> <li>Lifetime Fitness</li> <li>Race, Class, and Gender</li> <li>Intro to Criminal Justice</li> <li>Weather and Climate</li> </ul>



# Past Internships?

- UCM Recreation Center
- Lifetime Animal Clinic
- Sodexo-Dining Hall
- UCM Union
- Theater Department
- Greenhouse/Farming
- Tool Shop\*
- Foster-Knox Daycare
- Computer Lab
- Veteran's Home
- Local Restaurant
- Salvation Army
- UCM Book Store
- Downtown Businesses
- Salon Voque\*
- The Rise\*
- Baptist Student Center\*
- UCM Library

\* - New Internship

Typical classes	Semester Four
THRIVE Seminar III: Transition Planning II	Tuesday/Thursday
Internship Class II	TBD
Recreation / Fitness Course	Monday/Wednesday/Friday
Academic Skills: PLATO Math, Reading & Language Arts or Work Keys (6 hours a week)	
Individualized Person Centered Planning appointment twice a week (Counselor In Training/Teacher)	
Communication Pragmatics Small Group	Study Hall two nights a week
Internship II (Individualized)	12-20 hours a week
Elective Courses-Credit or Auditing based on student interest or career path	
<ul style="list-style-type: none"> <li>Education of the Exceptional Child</li> <li>Evolution Pop Art: Intro to Rock</li> <li>Stage Movement</li> <li>Exploring Religion</li> <li>Introduction to College Writing</li> <li>American Sign Language</li> <li>Digital PreMedia Fundamentals</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to Fiction Writing</li> <li>Introduction to Photography</li> <li>Welding</li> <li>Stagecraft</li> <li>Collegiate Choir</li> <li>Automotive Braking Systems</li> <li>Personal Finance</li> </ul>



# Personal Responsibilities:

- Students responsible for bedtime, budgeting, and social activities.
- Although students may not make the decisions parents/guardians and/or THRIVE staff might make, the students are making decisions that support their growth in independence.
- To foster growth of independence with the support of parents and THRIVE Staff.



# Evening/Weekend Activities

- Athletic and sporting events
- Theater and other fine arts presentations
- Clubs and organizations
- Campus entertainment (dances, bingo, movies)
- Events with mentors and volunteers such as ice cream socials, trivia contests, hall dance parties, frisbee, campus walks, and just “hanging out.”



# What are the past graduates doing?

46% of our graduates completed the survey.



# Living Arrangements?

Our past graduates are:

- 55% are living with parents
- 28% are living in their own house or apartment
- 18% are living with a roommate



# Update Jobs

Our past graduates are:

- 40%are working 20-40 hours a week, competitively
- 28%are working 10-20 hours a week, competitively
- 8%are using supported employment

Full-time/Part-Time: Daycare, Restaurant, Grocery Store, Pet Store/Supply, Retail Store, Golf Course,

- Volunteer: Church, organizations.



# Update on Education

- 1 student enrolled in Trade School
- 5 students enrolled in Community College
- 7 students have graduated or enrolled in 4-year college
- 2 students enrolled in another Post-Secondary Transition option



# What are students doing this summer?

## Class of 2019

TB-Currently looking will move into his own apartment.  
AC-Taking summer off

MM-Job Starts May 20th  
EP-Has an interview this week.  
MF-Has job in Grocery Industry, but recently-Hotel Industry

## Class of 2020

MB-  
LD-Job in factory making air filtration bags/Weekend Making Cakes.  
ND-Job Washing Dishes  
BE-Star Light Theater/Concessions  
CG-Job at Summer Camp

EG-Job Bagging Groceries  
SV-Mowing Lawns  
LS-  
KS-Church Camp/Fire Works St.  
OW-  
KW-Vol. starts Summer  
TW-Vol at Hospital/Camp Barnabus



# What can we do to help these students?

- Give life experiences
- Give career experiences
  - Job Shadows
  - Internship options
- Have high expectations
- Have family expectations
  - Cooking
  - Hygiene
  - Self-Help
- Give homework
- Time management skills
- Life lessons
- Transportation opportunities
- Self-Determination skills
- Let them make mistakes
- Give them choices

Let them do it...

# You want more information?

Tours or group presentations  
please contact me at...

- 660-543-4260
- [thrive@ucmo.edu](mailto:thrive@ucmo.edu)

More than just UCM-THRIVE

- UMSL-Succeed
- UMKC-Propel
- MSU-Bear Power
- And more in other states.

[ucmo.edu/thrive](https://ucmo.edu/thrive)

