

**VOCATIONAL
INDEPENDENCE
PROGRAM**
AT NEW YORK INSTITUTE OF TECHNOLOGY

A NATIONALLY RECOGNIZED POST-SECONDARY PROGRAM FOR STUDENTS WITH LEARNING DISABILITIES AND HIGHER FUNCTIONING AUTISM.



VIP

**Vocational
Program**

NYIT

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SERVING THE SPECIAL NEEDS COMMUNITY SINCE 1987

Vocational Program

THE VOCATIONAL PROGRAM at NYIT VIP focuses on building social, independent living and vocational skills. Students work either on-campus or out in the community starting Spring semester of Freshman year. Students participate in the VIP curriculum as described below (not college credit coursework). Students receive support from an Academic Coach, Job Coach, Financial Advisor, Social Coach and, if needed, an Independent Living Skills Coach.

Courses in the Pre-Degree Program:

- Advanced Communication I and II
- Social Psychology I and II
- Computers
- Cooperative Education (*Choice of Office Skills, Food Service, Hospitality, Retail, Child Recreation/Day Care, Facilities Management, Electronic Recycling)
- Introduction to Employment
- Employment Strategies
- Employment Readiness
- Health
- Executive Functioning I, II, and III
- Nutrition
- Fitness Electives
- Civics
- Government
- Travel Training I and II
- Food/Cooking and Nutrition
- Freshmen Academic Lab
- Sophomore Business Lab
- Apartment Living
- Budgeting and Banking I and II
- Financial Planning

Support for each student:

- Academic Coach
- Vocational Coach
- Job Coach
- Financial Advisor
- Independent Living Skills Coach (as needed)

For detailed information on our programs or to book a tour, please contact:

Walter Mayer

Associate Director of
Admissions & Development
631.348.3139
vipadmissions@nyit.edu

300 Carleton Ave.
Central Islip, NY 11722

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**Pre-Degree
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Pre-Degree Program

THE PRE-DEGREE PROGRAM at NYIT VIP is designed for students who would like to pursue an associate or bachelor's degree at a later date. Students take pre-college courses in the VIP program before beginning NYIT college courses for credit. Pre-College courses are designed to prepare the student for college level academics (i.e., MLA and APA style writing for college research papers). Pre-degree students take between 3-9 college credits per semester. Students are not required to have taken the SAT or ACT exams. Students are supported in the program by an academic advisor, credit course coordinator, vocational counselor, financial advisor, social counselor, and if needed, an independent living skills coach.

Courses in the Pre-Degree Program:

- 1-3 NYIT College credit courses per semester (beginning in the spring of freshmen year)
- Pre-College English
- College Research
- Advanced Communication I and II
- Social Psychology I and II
- Computers
- Health
- Executive Functioning I, II, and III
- Budgeting and Banking I and II
- Financial Planning
- Nutrition
- Fitness Electives
- Travel Training I and II
- Food/Cooking and Nutrition
- Civics
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**Associate
Degree
Support
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Associate Degree Support Program

THE ASSOCIATE DEGREE SUPPORT PROGRAM at VIP provides qualified students the opportunity to pursue an associate degree in three years with additional supports traditionally offered within the VIP program. Students have the option of pursuing an Associate of Applied science degree in Communication Arts or an Associate of Applied science degree in Business Administration with a concentration in Accounting. Students are supported in the program by a Credit Course Coordinator, Academic Coach, Social Coach and, if needed, an Independent Living Skills Coach.

For acceptance into the program, students must apply and be accepted separately to BOTH the NYIT Undergraduate Admissions office AND to the NYIT - Vocational Independence Program.

To be considered for undergraduate admissions, the student must have taken the SAT (combined verbal and mathematical reasoning score of 900) or ACT (score of 19 or better) exam, and have an 80 or above GPA. Students take between 9-12 college credits per semester.

Training and Coursework

■ VIP Courses:

Executive Functioning I and II
Social Psychology
Travel Training I and II
Health
Nutrition
Food/Cooking and Nutrition
Budgeting and Banking I and II
Apartment Living
Fitness Electives

■ NYIT College Credit Courses for A.A.S. in Communication Arts:

Writing 1: Foundations of College Composition
Foundations of Inquiry
Introduction to Advertising
Foundations of Research Writing
Foundations of Speech Communication
Introduction to Digital Imaging
Communication of Principles and Process
Fundamentals of Film Production
Journalism
Developmental Mathematics
Broadcasting History & Criticism
Fundamentals of TV Production
Fundamentals of Radio Production

General Biology
2 Electives
Foundations of Scientific Process

■ NYIT College Credit Courses for A.A.S. Degree in Business Administration-Accounting:

Writing 1: Foundations of College Composition
Writing 2: Foundations of Research Writing
Foundations of Speech Communication
Foundation of Inquiry
Science Elective
Finite Mathematics
Fundamentals of Calculus
Principles of Economics I and II
Money and Banking
Introduction to Computer Applications
Statistical Sampling Theory
Accounting I and II
Legal Environment of Business
Corporation Finance
Principles of Management
Introduction to Marketing
Business Law
Intermediate Accounting I
Federal Taxation
Cost Accounting

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I to I: Introduction to Independence Summer Program

INTRODUCTION TO INDEPENDENCE (or I-to-I) is a 7-week summer program for students 16-22+ years old who are considering or planning to attend VIP in the future. Each week, students spend four half-days participating in the curriculum (focused on social, independent living, executive functioning and vocational skills), four half-days at a paid internship, and one day on Travel Training trips. During these trips, students get first-hand experience using mass transit to visit destinations on Long Island and in New York City. In the evenings and on the weekends, students participate in on-and-off-campus activities to promote socialization and community integration. Students live on-campus in the VIP dormitory and get a genuine glimpse into college life.

Support for each student:

- Vocational Coach
- Social Coach
- Financial Advisor
- Job Coach
- Independent Living Skills Coach (if necessary)

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Residence LIFE

THE VOCATIONAL INDEPENDENCE PROGRAM is one of the few college-based transition programs that offers both vocational training and dormitory living. While living on campus, students experience college life and independent life with the support of a specially trained staff.



VIP Residential Life features:

- A spacious campus in suburban Long Island
- A specially trained, live-in paraprofessional Resident Advisor staff
- Campus Security staff on-duty 24 hours-a-day, 7 days-a-week, 365 days-a-year
- Nightly recreational activities planned and run by staff
- Weekly 'Coffee House' night which includes karaoke, dancing, games and more
- Practical and recreational weekend outings around Long Island and in NYC
- Oversight of an on-staff licensed Nurse Practitioner
- Lounge and exercise rooms available 24/7
- Free WiFi
- Coin-operated laundry machines in the residence hall
- An instructional kitchen
- Single-occupancy rooming with limited opportunities for rooming with others
- A semesterly 19-meal per week meal plan plus a Dining Dollars fund
- Access to the Student Activities Center which features a gymnasium, exercise rooms, swimming pool and game room
- A 9-hole golf course with special privileges for NYIT students



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Independent LIVING SKILLS

AS ALL STUDENTS OF THE VOCATIONAL INDEPENDENCE PROGRAM live in a dormitory on-campus, a main focus for all students is independent living skill-building. Through participation in the curriculum, individual coaching and valuable first-hand experience, students maximize their independent community living potential.

Courses include:

- Banking and Budgeting
- Health and Nutrition
- Apartment Living
- Practical Cooking Classes
- Travel Training

Supports to promote independence:

- Daily early morning check-ins at the beginning of each semester and as needed
- Weekly meetings with a Financial Advisor
- “Design time” evening appointments with resident advisors to review room organization and laundry skills
- If necessary, the assignment of an independent living skills counselor
- Evening check-ins to review laundry, scheduling, and hygiene issues (as needed)
- Laundry lab in the residence hall to teach laundry skills and other organizational skills
- Scheduled weekly room inspections by staff
- The use of smart devices to create reminders
- Medication management training by a licensed nurse practitioner
- Occupational therapy intern support



Extracurricular opportunities for advanced independence skills:

- Preparatory classes for the NYS driver learners’ permit test
- International travel training trips during intersession



SOCIAL SKILLS TRAINING & SUPPORT

STUDENTS IN ANY COLLEGE SETTING face social challenges and demands. These challenges and demands can be especially daunting for those with neurological conditions that affect social skills. The Vocational Independence Program employs a staff of dedicated and experienced counseling professionals that provide individualized social coaching to each student as well as classroom instruction. Generally, students receive support in the form of weekly coaching appointments, mediation sessions and as-needed intervention. Social coaching typically focuses on appropriate socialization, emotional management and setting/pursuing social goals.

The Social Counseling Team:

- Leads the “Dare to Care” Program – an empirically based positive school-wide expectations program known as the “Bears Code”
- Meets with students individually on a weekly basis to discuss program-related issues
- Teaches social communication, relaxation, self-advocacy, goal setting, and relationship skills
- Organizes coffee house nights
- Facilitates the fitness electives as well as the dean’s lecture series and pedometer challenge
- Mediates student issues
- Monitors student’s participation and engagement in social activities
- Supervises student clubs
- Trains residence life staff in active listening skills, and crisis management
- Oversees the Student Ambassadors - a group of students identified as role-models and tasked with assisting the staff during special events
- Refers students to therapists and other health care providers for evaluations, medication reviews, and on-going psychotherapy

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Travel Training at VIP

THE VIP TRAVEL TRAINING CURRICULUM spans the first two years of a student's VIP career and all seven weeks of a student's summer at I-to-I. Freshmen meet for weekly instruction and attend travel training trips throughout the year. Students learn fundamental travel skills in the classroom and have opportunities to demonstrate those skills on staffed travel training trips that focus on the use of public transportation.

During Sophomore Travel Training, students focus on the travel/job connection, recreational travel and building on social connections through travel. Sophomores meet for weekly classroom instruction and trip planning, and demonstrate their skills on staffed trips using public transportation to obtain job applications and visit recreational sites.

Annually, an optional international travel training trip is offered to all students and alumni. Past destinations include France, Costa Rica, Greece, Mexico, Italy, Spain, Hawaii and Germany.

Goals of Travel Training

- Increase awareness of safe travel when using public transportation
- Build confidence in using public transportation
- Identify strengths
- Develop a basic knowledge of and familiarity with using public transportation leading to independent travel

Skills of Travel Training

- Planning and organization
- Listening
- Problem solving
- Budgeting
- Safety
- Communication

Types of Transportation

- Train
- Subway
- Bus
- Ferry
- Airplane
- JFK Airtrain

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Alumni Testimonials

THE VOCATIONAL INDEPENDENCE PROGRAM taught me how to live on my own. I learned how to pack my own luggage and travel the world independently with my friends. Currently, I have 2 jobs: working in a school district in food service and at the Disney Store™. Prior to those, I worked for 10 years as a cashier at K.B. Toys." – TARA COLLINS '01

"VIP helped me make new friends and live on my own. I have my own apartment in Manhattan. I learned a lot of jobs skills at the Vocational Independence Program. I think VIP is great!" – IAN KNIGHT '11

"Making new friends was one of the best things that happened to me at VIP. Budgeting was an important skill I learned there that I still use. Today I work at a law firm providing clerical support." – REBECCA LEWIS '06

"I work at Hillel at Brown University helping advertise events. VIP gave me the confidence in seeing new places and traveling on my own. I made new friends and I am more independent." – ROBIN ANCOWITZ '01

"VIP helped me make new friends, become more independent and develop my work skills. I work for an agency in Westchester that helps others with disabilities. I work in the office." – EMILY YAN, '09

"I have worked for the past 15 years in the medical records department of the Burke Rehabilitation Center. VIP helped me with the job interview process; gave me the patience to search for a job and go through the interview; the patience to work everyday year after year; and the computer skills to work in the medical records department. The interactions with others more complex than myself helped me understand others and adapt. I live on my own and I am dating a VIP alumna." – MICHAEL HAYES '99

"I liked working in the cafeteria, making friends, and interacting with others. I have been married for 10 years and travel with my wife, Rebecca, all over the world with VIP. I work in the dining hall of a senior citizens center in New Jersey." – ERIC MARK, '97

"Currently I work at Modell's Sporting Goods™ and Bagel Boss™. At VIP, my internship was at Modell's which easily transferred to a store in my hometown. VIP helped me be a better employee by being on time and giving me the skills I would need for the job, and the social skills I would need to use on the job. It also taught me to problem solve so I can stay employed. At Modell's™ I am responsible for attaching security devices to all of the items. At Bagel Boss™ I do maintenance. The independent living skills were invaluable. I loved learning the travel training skills. I am waiting patiently to find a home of my own, and I am 100% looking forward to living on my own." – ADAM SHAPIRO '13

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PREPARES YOUNG ADULTS FOR WHAT'S NEXT

■ The World of Work

■ Living and *Engaging* in the Community

■ Continuing Education & Lifelong Learning

Outcome Goals in 4 Conceptual Areas include:

Executive Functioning

- Time Management
- Personal Management
- Planning ahead
- Discipline
- Accountability
- Deliberative Choices
- Good Judgment

Independent Living

- Banking Skills
- Budgeting Skills
- Cooking & Menus
- Travel for work and leisure
- Self Care
- Laundry
- Cleanliness
- Organization

Social & Communications

- Self Talk
- Friendships
- Context of relationships
- Meditation
- Relaxation
- Coping Strategies
- Stress Management
- Anxiety Management
- Appropriate and Effective Self-Expression

Employment or College Classes

- Real – community-based work experience
- Work ethic
- Responsibility
- Up to 270 hours of practical work experience
- PRE-DEGREE:**
- Credit Bearing College Classes
- College Research/ Study Skills
- Managing a college social climate

**Embarking
on
Independent
Adulthood**

