

# n a v i g a t e

an accessibility-focused transition curriculum for higher education

Tuesdays @ 11 (University Hour)

## WEEK 1: PRE-FLIGHT ANNOUNCEMENTS

intro, office info, resources, pre-assessment

## WEEK 2: CLAIMING YOUR SEAT

communication, conflict, and faculty interactions

## WEEK 3: FLIGHT PLAN

time management, academic skills

## WEEK 4: SAFETY MASK

stress management, q & a

## WEEK 5: BAGGAGE CLAIM

identifying strengths, barriers, and needs

## WEEK 6: CONNECTION FLIGHT

2nd year info, closing remarks, certificates, post-assessment

