

Narrator: Students and their parents attend the Game of Life weekend course together. Students are taught by teaching staff in Short-Term Programs while parents attend a conference portion hosted by the Outreach department. At times over the course of the weekend, students and their parents participate in conference sessions together. The goal for students is to understand ways that they can “step up” as they transition to adult life, while parents learn ways to “step back,” as they support their student through this transition. Students focus on identifying strengths and challenges, take an active role in determining future goals, and learn how to reduce stress through specific strategies as well as recreational activities. In this class we offer student and parent panels, a parent tour of Criss Cole Rehabilitation Center, and a chance for parents to practice cooking under blindfold. Students cook meals with staff support and learn about self determination. The program closes with parents and students working together to come up with a tangible plan for increasing student independence once they arrive home after the class.