



State of the Science Of Post-Secondary Education, Oct. 2010  
George Mason University

**SOCIAL AND COMMUNITY  
INCLUSION  
CUTTING-EDGE AND NEXT STEP  
PSE PROGRAMS**



# Key Components of Program:

- 2 yr Certification Program
- Individual Program of Study
  1. One Vanderbilt undergraduate course per semester with Independent Learning contract
  2. Internships/TN Tech Center/Employment
  3. Independent Living Skills Classes
  4. Inclusive Art & Dance Classes
  5. Peers provide needed support
- Day Program
- Tuition

# Eligibility

- **Have an intellectual disability.** Intellectual disability is a disability characterized by significant limitations both in intellectual functioning and in adaptive behavior as expressed in conceptual, social, and practical adaptive skills.
- **Have not received a standard high school diploma;** however, students who earned a regular diploma based upon successful completion of their IEP and passing scores on state exit exams, but have not earned the standard admissions criteria for college are eligible applicants.
- Are 18 to 29 years of age.
- Have a desire to receive transition services in a college setting.
- Have exhibited a need and a desire for greater independence.
- Are able to communicate with others.
- Refer to [NextStep.Vanderbilt.Edu](https://www.nextstep.vanderbilt.edu) for a complete list of eligibility requirements

# Rachel's Schedule

9:00 AM					
10:00 AM	EDUC 2115: Language and Literacy Learning in Young Children 10:10- 11:25		EDUC 2115: Language and Literacy Learning in Young Children 10:10- 11:25	Daily Planning with Mariana 9:00-10:30	
11:00 AM					
12:00 PM	Elm Career Exploration 11:30- 12:30		Work out at the Commons 11:30 - 12:30	Lunch and Academic Tutoring with Alyssa 11:00- 1:00	Friday Food Foray 11:00 - 12:40
1:00 PM	Enjoy lunch at the Commons 12:30 - 1:30			Meet with Tammy	
2:00 PM	Gold Life Skills 1:30- 2:30		Lunch and Daily Planning with Caitlin 12:30-2:30		Gold Technology 12:50-1:50
3:00 PM					Self-Awareness 2:00- 3:00
4:00 PM	Internship - Friends - Children's Hospital 3:00- 5:00		Internship - Friends - Children's Hospital 3:00-5:00	Work out with Crystal 3:00-4:30	Experimenting with Physics 3:00-4:00
5:00 PM					
6:00 PM			Dinner with Crystal 5:00-6:00		


# TTC Schedule

8:00 AM					
9:00 AM					
10:00 AM	BLACK Life Skills Class 9:30-10:30				Career Exploration 9:30-10:30
11:00 AM	Exercise with Catherine 10:45-12:15pm	TTC 8:00-11:30	TTC 8:00-11:30	TTC 8:00-11:30	Friday Food Foray 11:00 - 12:40
12:00 PM		Travel Training and Lunch 11:30-12:30	Travel Training 11:30-12:30	Travel Training and Lunch 11:30-12:30	
1:00 PM	Lunch and Social Skills with Sarah Beth 12:30-2:30	Anthopology 101 - 1:10 - 2:25	Enjoy Lunch 12:30 - 1:30	Anthropology 101 - 1:10 - 2:25	Academic Tutoring with Sarah Beth 1:00-2:00
2:00 PM			Independently work on daily planning 1:30 - 2:30		Self-Awareness 2:00-3:00
3:00 PM	Daily Planning with Rosamary 2:45-3:45		Academic Tutoring with Sarah Beth 2:30-3:30		Experimenting with Physics 3:00-

# Ambassadors

(A play on the name of the university's mascot, the Commodore.)






Your hand-out is a brief that has been submitted to Think College for future use on the rationale and development of the Ambassdore component of the Next Step at Vanderbilt Program.

**CIRCLES OF SUPPORT FOR  
POSTSECONDARY STUDENTS WITH  
INTELLECTUAL DISABILITIES**  
*BY COURTNEY TAYLOR AND ALICE KIM*




# Requirements to be an Ambassadore:

- Application
  - 2-4 hours per week volunteer time
  - Background check
  - 2 letters of recommendation by way of an online questionnaire
  - 3 hour training
  - Monthly circle meetings
  - Complete evaluations 3 times per semester
  - Additional training materials posted on Blackboard
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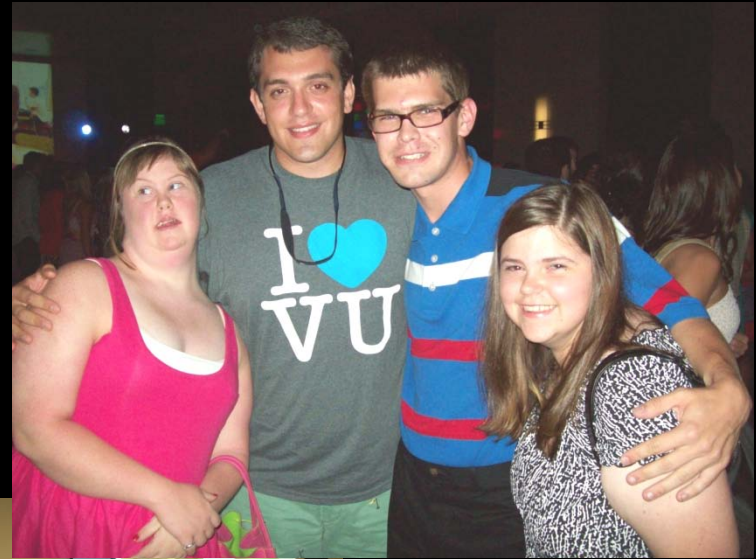




# Recruitment of Ambassadors:

- University Scholars
  - Vanderbilt Chapter of Best Buddies
  - Greek life
  - First-year undergraduates
  - Various student Listservs
  - Brochure
  - Booth at Student Organization Fair the first week of fall semester
  - Word of mouth
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83% retention  
after 1<sup>st</sup> semester



# Ways Ambassadors open doors:

- Lunchtime
- Exercise partners
- Academic tutors
- Daily Planning- includes using technology
- Navigate campus
- Above and beyond: sporting events, plays, shopping, movies, special occasions

Andrew's Schedule  
for January 2010



Circle of Support:  
Crystal, Grace,  
Tyler, Tyler,  
Ellidia

HOUR	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM			8:30 - 9:30 Naomi		
9:00 AM		8:45 Walk with Jacque and Sean to Sarratt		8:45 Walk with Jacque and Sean to Sarratt	
	9:50 Meet Keisha at Rand	Internship	9:50 Meet Keisha at Rand	Internship	
10:00 AM	SOC 231 MWF 10:10 - 11 CRIMINOLOGY	9:30 - 11:30	SOC 231 MWF 10:10 - 11 CRIMINOLOGY	9:30 - 11:30	SOC 231 MWF 10:10 - 11 CRIMINOLOGY
11:00 AM	Baseball Glove Lounge Down time	Job Coach: Jacque	Lunch with Tyler (11 - 12)	Job Coach: Jacque	Friday Food Foray
12:00 PM	Tyler Lunch On Course textbook (12:00 - 2:00) Elizabeth will join!	12:30 - 2:20 Workout Lunch with Tyler	Tyler Social (12-12:30)	12:30 - 2:20	
1:00 PM			Down time	Lunch with Tyler/Crystal	Job Club/ Group Time
			1 - 1:30 Check-in with Tammy		
2:00 PM	Ellidia 2:00 - 4:00  (Academic Tutoring & Daily Planning)	Independent Study with Tammy 2:30 - 3:30		Lunch	Ellidia and Crystal 3: 4:40
3:00 PM		Down Time	Grace Work out 3:00 - 5:00	Crystal Academic Tutoring 2:30 - 3:30 Grace Daily planning 3:45 - 5:00	(Goal planning/ Check email/ Technology)
4:00 PM	Crystal 4:00 - 5:00 (Technology)	Grace Daily planning 4:00 - 5:00			
5:00 PM		Dinner at Rand with Hallie 5:10 - 5:50			
6:00 PM		6:00 - 8:00 Mixed Media Painting Sarratt 128			
7:00 PM					36 hours
8:00 PM					

# Circles are formed:




- Pizza Party meet and greet
- Matching Survey
- Individual Next Step students' needs
- Availability of volunteer hours



# Support of Ambassadors and Research

- Program Coordinator hands-on supervision
- Monthly circle meetings
- Encourage each circle to support each other

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- Survey's 3 times per semester
  - Longitudinal follow-up 1, 5, 10 years out



**Observed Growth in Ambassadors:**

**Observed Growth in Next Step Students:**

Daily planning: reflecting on the past day, setting goals, using a daily planner. Though these tools were set up for the Next Step student, Ambassadors used them as well

Increased self-esteem

Increased level of responsibility and professionalism

Increased level of independence

Expanded definition of friendship

Huge leaps in social skills

Following through on a commitment

Developing an understanding of the boundaries in friendship

Promoting the citizenship of Vanderbilt students

Skills in problem solving

Learning enhanced interpersonal skills and increased levels of patience

Opportunities to be with their same-age peers

Personal growth and a sense of accomplishment and making a difference

The sense of being a part of a community

Building a caring and aware student body

Learning to be self-advocates

Having fun

Having fun



# Alice Kim Byrne- Program Coordinator, Supervisor of Ambassadors



Alice credits much of her success to being a recent Vanderbilt graduate.





# Best Buddies Spring Break Trips

- Inclusive service learning trips reap huge benefits for all involved
- Heightened sense of community
- Intensive week of social and independent living skills practice
- FUN!!!!!!!!!!!!!!!!!!!!

# Washington, D.C.



# Miami, FL





# New Orleans, LA





# Thank you to our funders

- Tennessee Council on Developmental Disabilities
  - Linda Brooks and the LDB Foundation
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# Thank you!

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