

The WCU University Participant (UP) Program: A Postsecondary Learning Model for Individuals with Intellectual Disabilities

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What is the UP Program?

- Started as a pilot program in 2007
- Provides a two year, on-campus living and learning experience for college-aged individuals with intellectual and developmental disabilities
- Has served two participants since 2007, expanded to 4 participants in 2010, maximum of 8 participants attending in fall 2011

UP Admission Requirements

- Participants are between the ages of 18 and 25 at the time of admission
- Previously enrolled in a high school special education program that does not lead to completion of a regular high school diploma and that does not allow students to complete requirements necessary for regular admission to WCU
- Demonstrates adequate communication skills and socially acceptable behavior to interact with others on the WCU campus
- Motivated to learn and benefit from participation in the UP Program
- Have an expressed interest in living and working as independently as possible in their community after completing the UP program and supported by parents and families to do so

Five UP Program Components

- Personal Development Skills (e.g. communication skills, personal care skills, self-determination, etc.)
- Community Participation Skills (e.g. public transportation, budgeting, grocery shopping, etc.)
- Vocational Preparation Skills (e.g. learning specific job skills on or off-campus)
- Social Participation and Learning (e.g. participating in university athletic events, university clubs or organizations)
- Course Auditing (e.g. auditing 3 to 4 courses per semester)
Participants must pay current university fees for auditing courses.

UP Certificate Requirements

- Completion of 1800 hours of learning activities over a four semester period (450 hrs per semester)
- Achievement of at least 80% of the objectives per semester within each component of the Individual Plan for College Participation (IPCP)
- Recommendation for a UP Certificate of Accomplishment by the UP coordinator and the UP Program Steering Committee

What do UP Participants do at WCU?

- Live on campus and experience college life with same age peers
- Have an individual plan that would allow personal development for post-UP success
- Attend a limited number of classes
- Participate in social events and activities



Spring 2011 Class Experiences



- **Aaron:** First Aid/Safety, Career Exploration, Foundations in Computer Technology, Interview Skills in Social Work
- **Anna Grace:** First Aid/Safety, Theatre in Education, Introduction to Speech Communications, Art for Children
- **Corey:** Career Exploration, Natural Resource Conservation and Management, Stress Management Health and Wellness
- **Elizabeth:** Physical Education for Elementary Teachers, First Aid/Safety, Aquarobics, Birth to Kindergarten Independent Study, Recreational Therapy for Students with Disabilities
- All four participants also take a **one credit hour personal development course to work on individual skills**

On Campus Job Internships

- **Anna Grace:** Student Campus Mailroom
- **Corey:** Campus Greenhouse/Grounds
- **Aaron:** Clerical work for the Department of Human Services
- **Elizabeth:** The Kneeder Campus Daycare Center



Volunteer Supports

- Duties include:
 - Attending and supporting participants in classes
 - Support/tutoring with projects and homework
 - Attending sporting events
 - Serving as a job coach
 - Supporting campus social events (e.g., religious groups, cheerleading, swimming, clubs, movies, plays, ballgames)
 - Personal care supports (suite mate, morning and night routines)
 - Mentors and teachers for personal development goals
 - Attendance and input at person centered planning meetings
 - Help collecting data on IPCP goals

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