

**TAKE CHARGE
OF YOUR FUTURE!**

ACES

SUMMER PROGRAM



July 10-22, 2011
KEENE STATE COLLEGE

As you make the transition from high school to adulthood, you have many opportunities ahead of you.

ACES is a two-week residential program where you'll learn more about yourself through hands-on career exploration ...

Is ACES for you?

Learn more at aces.keenecommons.net

Schedule

Each day is full of richly rewarding activity.

You'll start with a daily community meeting, followed by workshops related to careers.

Afternoons are spent out in the community, touring a local business or participating in a job shadow. There is also time to unwind and have some fun.

Evening workshops focus on practical skills such as cooking, personal finances, and relationships.

On the weekend you'll travel off campus. You'll camp overnight, work outside, or complete a service project, continuing your career exploration in a different way.

Wrapping It Up

What have you learned in your time with ACES?

During your two-week session you'll create a portfolio to document your experience. This captures all that you've done in a format you can share with family, friends, teachers, and VR counselors. It'll be a useful tool as you work together to plan your future.



How to Apply to ACES

ACES is open to any New Hampshire high school student age 16 to 17:

- ▶ who has an IEP or a 504 plan
- ▶ whose primary disability is a learning disability or ADHD
- ▶ who struggles to find the connection between school and adult life

Download the application at aces.keenecommons.net, call **603-352-1304**, or talk to your **VR counselor**.

Applications are due **March 1, 2011**.

Cost

The tuition to attend ACES is paid by NH Vocational Rehabilitation (VR). To participate in ACES you must be eligible to receive VR services. See the ACES website for more information.

For More Information

Sheila Mahon, Program Director, 603-352-1304

Continuing Education/ACES

Keene State College

229 Main Street, Keene, NH 03435-2605

aces@keene.edu

ACES is made possible through a partnership between NH Vocational Rehabilitation, Keene State College, and Monadnock Center for Successful Transitions (MCST), a program of Monadnock Developmental Services. MCST is a project of the Granite State Employment Project, funded by the Centers for Medicare and Medicaid Services (CFDA 93.768).



Monadnock Center for
Successful Transitions
Productive People / Productive Lives



ACES: A Chance to Experience Success

As you make the transition from high school to adulthood, you'll have many opportunities ahead of you.

ACES is a two-week residential program where you'll explore ...

- ▶ finding your career path
- ▶ learning how to live independently

ACES is for high school students with learning disabilities or ADHD.

Over the two weeks you'll experience a rich variety of hands-on activities, group discussions, workshops, field trips, and outdoor activities.

- ▶ Discover more about yourself.
- ▶ Explore your strengths.
- ▶ Confidently handle challenges.
- ▶ Set goals for your life after high school.
- ▶ Map out the steps to reach those goals.

You'll get to check out different kinds of jobs and find out what appeals to you (and what does not).

You'll emerge a stronger, more capable person, ready to create an exciting future.

Exploring Careers

What kinds of jobs interest you?

EXPLORE THE POSSIBILITIES!

- ▶ Determine what career paths are the best fit for your skills and interests.
- ▶ Tour local businesses and shadow people working in careers that interest you.
- ▶ See jobs in action and find out what appeals to you.



Living Independently

While on campus you'll experience living in a college dorm, having a roommate, and eating your meals in the dining hall. You'll learn about:

- ▶ speaking up for yourself
- ▶ living within a budget
- ▶ planning healthy meals
- ▶ finding balance in relationships
- ▶ managing your time

You'll talk about these topics in different settings and review and practice these skills every day.

You'll be supported by a staff of:

- ▶ college professors
- ▶ program counselors
- ▶ business professionals
- ▶ area specialists

... all committed to making your experience rewarding and unforgettable.

First Impressions Count!

You only get one chance to make a first impression. ACES workshops will teach you how to make it count.

- ▶ Introduce yourself to an employer.
- ▶ Learn what your body language communicates.
- ▶ Ask and answer questions.
- ▶ Create an effective résumé.

These skills will stay with you for your entire life – helping you professionally and personally.

