

## CLASSES



## MAKING THE NEXT STEP POSSIBLE

### STUDY HALL



### SOCIAL ACTIVITIES



### INTERNSHIPS



At the University of Central Missouri we believe the opportunity for a higher education should be available for all that desire it — our THRIVE program embodies this value. This program:

1. Empowers students with intellectual and developmental disabilities to be independent, participating members of their communities.
2. Focuses on self-determination driven by the six core threads in the THRIVE program:
  - Transformation
  - Independence
  - Health
  - Vocation
  - Responsibility
  - Education

Program success is measured by student outcomes that demonstrate equality of opportunity, full participation, independent living and self-sufficiency.

### ADMISSIONS CRITERIA

Applicants must:

- Be 18-25 years old at the time of application.
- Have been diagnosed with an intellectual, cognitive or developmental disability prior to the age of 18.
- Possess sufficient emotional maturity and stability to participate in all aspects of a supported residential college-based program.
- Have been eligible for a free, appropriate public education and have the ability to participate in an independent living environment.
- Demonstrate the ability to accept and follow reasonable rules and behave respectfully toward others.

**To apply, submit an application packet to the THRIVE program.**

The application packet should include:

- Four letters of reference
- Disability documentation

Priority is given to applications received by Dec. 31.

For more information, **visit [ucmo.edu/thrive](http://ucmo.edu/thrive).**



## CONTACT US!

**Michael Brunkhorst**

Lovinger 1270  
520 S. Maguire  
Warrensburg, MO 64093  
660-543-4260  
[thrive@ucmo.edu](mailto:thrive@ucmo.edu)

**[ucmo.edu/thrive](http://ucmo.edu/thrive)**

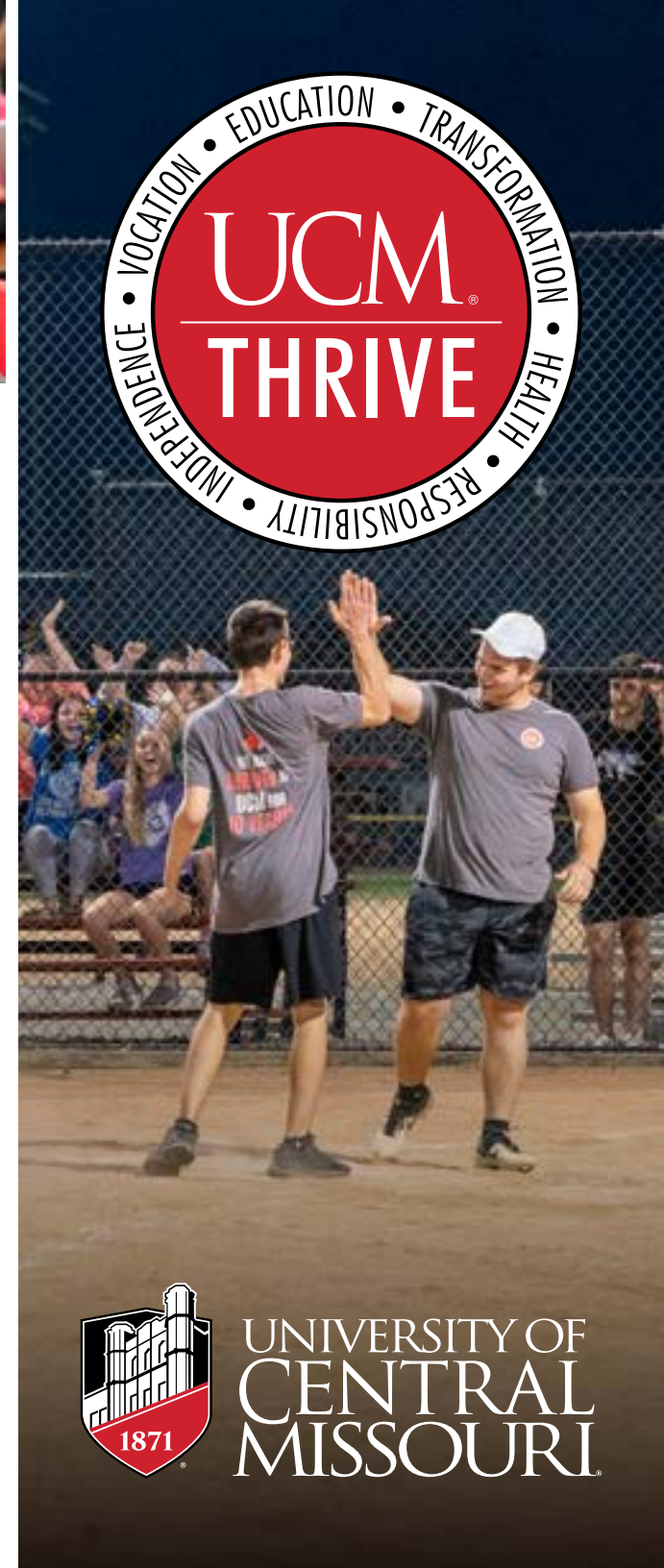
**f /UCM-THRIVE**

UNIVERSITY OF  
CENTRAL MISSOURI

**THRIVE** is a Comprehensive  
Transition and Postsecondary  
(CTP) program.



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## What makes THRIVE unique?

- It's offered on a major, public university campus.
- Students receive full integration into residential, social and community life.
- Experienced instructors, advisors and counselors support each student.
- UCM has collaborative partnerships with educational agencies and community businesses.
- Core classes emphasize life and social skills, independent living, academic enrichment and career development opportunities.
- Campus residence hall living is supported by THRIVE student mentors.
- Person-centered planning and internships are provided.
- Students experience employment opportunities that match their skills and interests.

**Students graduate from the THRIVE program with a two-year certificate of success!**



## TWO-YEAR CERTIFICATE

### Semester One

- THRIVE Seminar I: University Foundations
- Individual & Family Health and Relationships
- Beginning Bowling (eight weeks) or Valuing Differences (eight weeks)
- Technology Literacy Class and Lab
- Career Exploration
- PLATO (computerized program for academic skills)
- Recreation or fitness
- Person-centered planning, communications, study halls

### Semester Two

- THRIVE Seminar II: Learning Strategies
- Workplace and Community Skills
- Daily and Independent Living Skills
- Elective class (credit or non-credit based on student interest or career path)
- PLATO (computerized program for academic skills)
- Recreation or fitness
- Person-centered planning, communications, study halls

### Semester Three

- THRIVE Seminar III: Transition Planning I
- Personal Finance I
- Elective class (credit or non-credit based on student interest or career path)
- Internship I (individualized, 12–20 hours per week)
- PLATO (computerized program for academic skills and work skills)
- Recreation or fitness
- Person-centered planning, communications, study halls

### Semester Four

- THRIVE Seminar IV: Transition Planning II
- Personal Finance II
- Elective Class (Credit or non-credit based on student interest or career path)
- Internship (individualized, 12–20 hours per week)
- PLATO (computerized program for academic skills and work skills)
- Recreation or Fitness
- Person-centered planning, communications, study halls

## THIRD AND FOURTH YEAR PROGRAM OPTIONS

UCM now offers third- and fourth-year programs for THRIVE students to continue learning and developing skills after earning their two-year certificate of success.

### THIRD YEAR

**Transition Planning III** – Topics include employer and employee expectations, desired basic employment skills, business and job etiquette, and the responsibilities of independent living.

**Foods and Nutrition I** – Topics include basic elements of food and kitchen safety, wellness, eating disorders, food preparation, purchasing food, reading labels, meal planning and recipes, and basic cleaning. Students will also learn how to use and care for appliances.

**Internship III** (15-18 credit hours) – Based on each student's interests and skills, an appropriate internship site will be selected at UCM or in the Warrensburg community.

Additional components of the third-year program include:

- Person-centered planning with assistance from local agencies to help with realistic job expectations in the student's home area
- Adapt PE plus
- An academic elective



### FOURTH YEAR

**THRIVE Seminar VI: Senior Portfolio I - Project/Job Search** – Students will continue to develop and collect documents for transition to their home area including résumés, cover letters, recommendation letters, applications, etc. Students will continue to develop a working/living plan for home transition. Course topics may include employer/employee expectations, basic employment skills, business and job etiquette, and the responsibilities of independent living.

Other components of the fourth-year program include:

- Continued Foods and Nutrition III
- Increased internship hours
- Person-centered planning with assistance from local agencies to help with realistic job expectations in the student's home area
- Adapt PE plus
- An academic elective

