

# ADAMS HIGH SCHOOL

## PEER MENTORING PROGRAMS

### EMOTIONAL IMPAIRMENTS PROGRAM (EI Program)

Peer Mentoring and Disability Awareness is a semester-long course that intends to develop leadership, mentoring, and advocacy skills within the school and community setting, as well as developing foundational knowledge of common disabilities and disorders affecting individuals of all ages and backgrounds.

The course will consist of both self-guided coursework (utilizing Google Classroom), as well as hands-on experience in which the coursework and theories will be applied. Both aspects of the class will be focused on each week. We typically cook a meal in the food lab at least once a month, and also will have days where we go to the gym/weight room to exercise. There are weekly social skill lessons and activities on Fridays.

The peers you will be working with and building relationships with have a wide range of social, emotional and behavioral needs. As a result, the main focus of the EI program is to focus on improving social skills and healthy emotional regulation, as well as coping with mental health concerns in productive and healthy ways. We focus a lot on healthy relationships, positive decision making, and improving mental/emotional health.

If you are a peer mentor in this class, it is because you have been selected as an individual who demonstrates compassion for others, leadership skills, diligent work habits, and an indicated desire to work with individuals with a wide range of needs. You will also be expected to carry your relationships with your peers outside of the classroom setting, serving as a positive role model and example elsewhere in the school and community.

Throughout the semester, you will be introduced to information regarding a variety of disorders and disabilities, as well as specific topics and issues related to those areas. Those topics are:

- |                                      |  |  |
|--------------------------------------|--|--|
| <i>-Introduction to Disabilities</i> | <i>-Behavior as Communication</i>  | <i>-Mental Illnesses</i>               |
| <i>-Cognitive Impairments</i>        | <i>-Traumatic Brain Injuries</i>   | <i>-Autism Spectrum Disorders</i>      |
| <i>-ADHD</i>                         | <i>-Physical Disabilities</i>  | <i>-Special Education and SPED Law</i> |
| <i>-Community Accessibility</i>      | <i>-Advocacy and social/political issues related to disabilities/mental health</i> |  |

### AUTISM SPECTRUM DISORDER PROGRAM (ASD Program)

As an ASD Classroom Peer Mentor at Adams H.S., you will have the opportunity to participate in a hands-on classroom experience. Depending on the class period, you will be expected to; (1) support students within the ASD classroom for a variety of academics (ELA, Math, Science/S.S., or Life Skills), (2) support students with ASD in the GE setting specifically in Electives classes, and (3) attend community-based outings with the ASD program as scheduled (i.e. restaurants, shopping trips, swimming, etc.). With training, students will be expected to facilitate social interactions amongst students and help students to follow the classroom positive behavior system.

Peer Mentors will have a very important job. Our students, your peers, will depend on you and look up to you more than you can ever imagine. We don't expect you to be perfect or to always know what to do. We encourage you to ask questions as you learn the students, program, and support systems. Every question, thought, or idea has value as we are a learning community. Sometimes there may be situations that arise that may make you uncomfortable to deal with. If this should happen, we expect you to maintain respect towards the student, be positive, help problem solve, and make sure to keep student information confidential within the school and all social settings. You are a very special person to consider taking on this task.

### INTEGRATED ACADEMICS PROGRAM (IA PROGRAM)

As an Integrated Academics Peer Mentor, you will work with students in the following classes: Language Arts, Math, or Careers. You will be assigned to work with individual students who need support academically, and/or you will work with small groups of students. If you are assigned to work in the Careers class, you will assist students with various jobs around the school (i.e. recycling and cafeteria assignments). You will be assigned written assignments too (i.e. interviews with special education staff, researching a disability, etc.). You will be expected to interact socially with the students and must be a good role model.