

ADULTS WITH DISABILITIES

The Adult School continues its collaboration of offering classes at PACE, Pride Industries and Neighborhood of Dreams. The classes provide options and opportunities for persons with disabilities through education training and employment. Students must be referred by NorthBay Regional Center (PACE, Pride), 256-1100 or Solano County Mental Health (NODD), 784-2080. Skills taught include: Life skills, workplace skills and functional academics: Basic Education, Health, Relationships, Current Events, Reading, Consumer Education, Nutrition and Food Preparation, Computers, Job Skills, Employability Skills.

SETTING AND MAKING SMART GOALS

People often set work-related goals and neglect to do it for other areas of their life. While career is typically the most structured part of life, it doesn't have to be the only one that benefits from clearly defined goals. We encourage all students to take the time to establish at least one solid goal for each area of their life.

A "good" goal has 5 distinct elements. To define them we are going to use the **SMART** acronym:

Specific: I will clear out 1 drawer vs. I will clean up the house.

Measurable: I will type 50 words per minute vs. I will improve my typing skills.

Attainable: I will set aside a space to do homework vs. I will go to school full time, work full time, and lose 40 lbs.

Relevant: I will complete 2 Business classes vs. I will become a supermodel.

Timebound: I will complete and copy my resume by Jan. 1 vs. I will complete my resume.