

MILESTONES PHS TRANSITION PROGRAM



Summer/Fall 2021

PHS-TIVAL



This year's summer program centered around students planning and performing in an art and music festival, creatively titled, "**PHS-tival.**" It is important to reflect upon this amazing group of students who worked extremely hard for six weeks to plan, organize, and prepare. Between creating and maintaining a budget in Financial Literacy, learning about time management and culinary arts in the kitchen, creating beautiful artwork, showing off their musical talents, or collaborating with peers making music, our students fully applied these valuable life skills during the entire planning process for PHS-tival.

SEPTEMBER THEME

During the month of September, students were introduced to the concept of **comparison shopping**. A variety of activities centered around comparing different items in order to get the best value for your money (quality, price, nutritional value). Students compared frozen, canned and fresh foods, first aid items, cleaning products, basic hardware items, and furnishing a bedroom and living room.



COMMUNITY



A favorite programming component for everyone, students and staff alike have been thrilled to resume **Community Based Instruction**. Over the summer, we focused on social leisure activities in the community as we got to know each other and explored each others' interests. Starting in September, students have received two opportunities each week for direct instruction and generalization in the community. Focusing on our September theme of comparison shopping, students got many exposures to grocery stores, "big box" stores, and smaller local stores.



COOKING

During the month of September, students worked on budgeting and price comparison with a variety of dishes. We focused on the nutritional value, taste, time, and price of frozen/pre-made meals vs. homemade. Students made each dish both ways and rated the value compared to their taste preferences and convenience. For frozen or pre-made meals, students also examined ingredients and were surprised (and grossed out!) by the unfamiliar things found in common meals. Dishes included chicken broccoli ziti with garlic bread, ramen, macaroni & cheese, and American Chop Suey. Students have also learned to use a variety of cooking appliances, including an Air Fryer, InstaPot, NuWave, microwave, oven, and stovetop.

OFFICE

In our **office internship**, students started learning about the role and responsibilities of a General Office Assistant. They brainstormed what office assistants do on a daily basis and what skills are required for the position. Students started with filing using different sources of information, then covered mailing and shipping which included a trip to the post office. Students also familiarized themselves with USPS, UPS, and FedEx and practiced filling out shipping labels.



GATEWAY CAFE



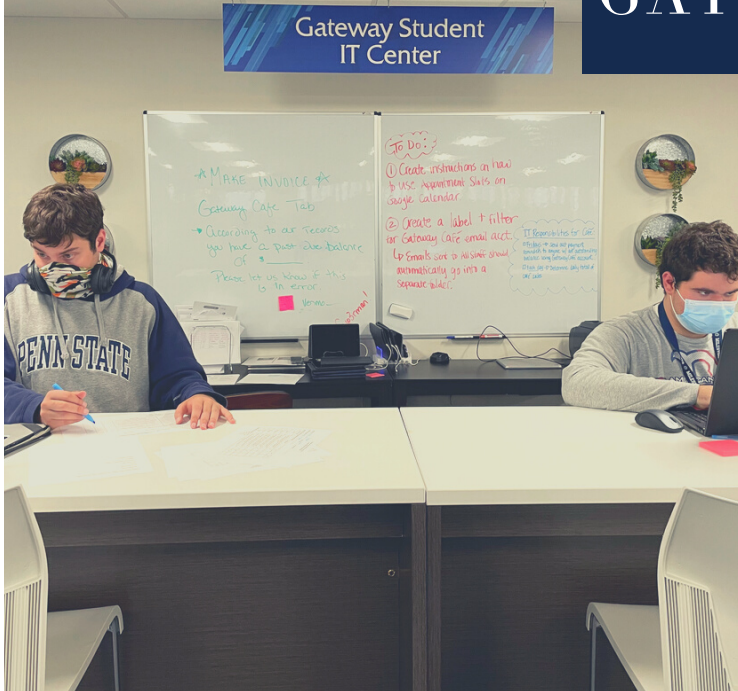
Students have been gaining hands-on “barista” experience in our **Gateway Cafe**. Between gathering orders, making coffees and smoothies, managing the cash flow and register, taking inventory, restocking items, and hand delivering items to staff around the school - students have been able to see the hustle and bustle that comes with working in a coffee shop and running a small business. Gateway Cafe interns have been brainstorming new seasonal items to feature on our menu for the fall & winter months, and have been able to utilize their budgeting and financial literacy skills by keeping costs down and revenue up.

GATEWAY IT HELP DESK

by Matthew Rego & Ethan Hutner, Gateway IT Help Desk interns

Managed by Students for the School

The **Gateway IT Help Desk** is a great learning opportunity for students to learn more about technology, gain customer service skills, and practice problem-solving in the moment. The main goals are to teach the students about technology and get them ready for real world problems or a career in IT. Some skills that the students work on are organization, inventory, patience, and call management. This can really help students in the future because it is a great thing to add to their resume. We have had lots of positive results from Gateway Help Desk so far and look forward to others gaining skills.



GATEWAY STUDENT STORE

The **Gateway Student Store** kicked off this summer with a tremendous amount of excitement and activity! A few of our students took on the challenge to learn and use our new Cricut (an electronic cutting machine) to make customizable items to sell to the Milestones community. Students have really enjoyed both the technical and creative aspects of this internship and are becoming fluent in the administrative tasks involved with running a small business. *If you would like to place an order, please email us at GatewayCafe@milestones.com (see attached flyer).*



FITNESS

Our students have been staying fit in our very own state-of-the-art Fitness Center, enjoying hikes and walks, playing basketball and other outdoor games regularly. Students have the opportunity for fitness at least weekly, with many participating several times throughout the week. Led by our occupational therapist, students have also been exploring calming and mindfulness strategies to maintain a fit mind both in and out of the program.

