



Continuing Education and Lifelong Learning

ASPIRO's classroom offers continuing education and lifelong learning opportunities for consumers to maintain or continually develop their daily living & social skills, community awareness and work skills development through interactive discussions, e-learning & technology, and demonstrations.

- **Work skill development:** developing employment skills such as: recognizing the importance of being to work on time, following directions, taking messages, appropriate workplace behaviors, and problem solving techniques.
- **Social skills:** enhancing and developing communication skills in the areas of eye contact, recognizing appropriate personal space, how to hold conversations, identifying feelings, and appropriate behavior for different social situations.
- **Daily living skills:** strengthening knowledge of food & nutrition, shopping, and personal cares by developing an understanding of the five major food groups, building menus, and what to look for when shopping. Personal hygiene activities build on steps to look and feel healthy.
- **Transportation awareness:** knowledge of various modes of transportation, stranger awareness, and following bus schedules.
- **In home and public safety:** enhancing knowledge of safety in and out of home such as; what to do if lost, if faced with a fire, or severe weather.
- **Financial:** acquiring basic financial skills of recognizing the difference between credit and debits, how to choose a bank, direct deposit, savings accounts, bill paying, and budgeting.
- **Health:** maintaining health and wellness by making healthy choices, recognizing the good and bad signs of how a body feels, and understanding the role of medical professionals.
- **Music:** using music to decrease stress and anxiety.
- **Community Awareness:** following and discussing local, regional and national news.
- **Book Club:** reading a book in a group setting to increase word, listening and processing skills, understanding different perspectives, articulating and expressing opinions.