

**EXAMPLE****Skill Enhancement Training (SET)  
Activities for Week 1****Area of Focus:** Communication Skills**Area of Focus:** Employment Skills

	<b>Start of Day</b>	<b>Morning Activities</b>	<b>Lunch Time</b>	<b>Afternoon Activities</b>	<b>End of Day</b>
<b>Mon.</b>	Skill Lesson – Acceptable Social Behaviour	Volunteer Project  Skateland	Make lunch & clean up	Library – how to use the library, applying for a library card, what resources are at the library?  Afternoon snack	Skill Lesson – Exploring employment interests
<b>Tues.</b>	Skill Lesson – Active Listening	Visit to Job Service of ND	Make lunch & clean up	Swimming at Island Park pool then scavenger hunt in the park  Afternoon snack	Skill Lesson – Practice Interviewing Questions
<b>Wed.</b>	Skill Lesson – Ignoring Distractions	Group session with therapist	Eat out at local restaurant	YMCA – playing basketball (learning about sportsmanship)  Afternoon snack	Skill Lesson – Practice filling out a job application
<b>Thurs.</b>	Skill Lesson – Interpreting Body Language	Grocery shopping – making list, how to use coupons, navigating through grocery store, paying (money management)	Make lunch & clean up	Red River Zoo  Afternoon snack	Skill Lesson – Proper Attire (on the job)
<b>Fri.</b>	Skill Lesson – Seeking Positive Attention From Peers	Volunteer Project  Baking cookies for picnic lunch – prepare lunch	Picnic Lunch	Frisbee Golf at the park  Bonanzaville  Afternoon snack	Skill Lesson – Being on Time and First Day on the Job

**Next Week:****Area of Focus:** Friendship Building**Area of Focus:** Transportation. Visiting Metro Area Transit (MAT), picking up maps of city routes and learning how to get around the community**Area of Focus:** Money Management – visiting a local bank, shopping (learning about sales/discounting)