



ADULT EDUCATION CATALOG

We teach participants ages 18 to 28 the mindsets to be forward thinkers, the insights to be aware of and command their own thought processes, and the social and vocational skills necessary to thrive in their communities and in the workplace.



Franklin
CAPSTONE



The Need



66%

Studies estimate 66% of adults with ASD are unemployed⁵

42%

42% of people with ASD in their early 20s have never worked for money⁷



39%

Only 39% of people with ASD who start college, finish college⁶

^{5,7} National Autism Indicators Report: Transition into Young Adulthood, 2015

⁶ Journal of College Student Development, 2017

Welcome

Thanks for your interest in our programming!

Capstone is designed to help young adults build the skills necessary for adult life. We believe that self-determination and self-actualization are essential to a meaningful adult life. Through structured coursework, real-world experiences, and individualized mentorship, participants develop the habits, social competence, and practical knowledge needed to pursue employment, independence, and meaningful participation in their communities. We hold high expectations while providing the support necessary for participants to grow into confident and capable adults.

On the following pages you will find descriptions of the growth areas and courses offered through Capstone. Our curriculum is designed to address multiple domains of adult development, and many courses may be taken more than once as the content evolves over time.

Because each young adult is different, each path through the program may look different. Some participants attend full-day programming, while others take advantage of flexible enrollment options to support an existing part-time job or college schedule.



Growth Areas



Community Participation

Active participation in one's community is an important part of adult life. Our community participation coursework helps participants develop the knowledge and confidence needed to navigate the world around them. Through community-based learning and exploration of local resources, participants build the skills necessary to engage independently in public spaces, access services, and participate meaningfully in their communities.



Employment Skills

Employment skills are the hard and soft skills necessary to thrive in any work environment. Employment skills are built through the classroom as well as through community-based, hands-on opportunities. In addition to building those skills, participants will also increase their awareness of different types of employment and the challenges and opportunities that come with them.



Independent Living

Independent living skills are the important life skills necessary to achieve the highest possible level of independence. Through hands-on and classroom learning, participants will develop the skills necessary to take care of themselves (including their mental, physical, and emotional health), their home, and their finances.



Post-Secondary Education

Around 1/3 of people on the autism spectrum now attend college, yet colleges are often unequipped to meet their needs, leading to higher-than-average attrition rates. Our post-secondary study skills courses are designed to help participants work on the study, organizational, communication, note-taking, and essay writing skills needed to be successful in college. We believe that everyone is a lifelong learner, however, and our post-secondary education coursework is also available to help our non-college participants continue to build their fundamental academic skills and enrich and develop their minds.



Self-Determination

Self-Determination, simply put, is the ability of an individual to control their own life. Self-Determination is its own growth area at Franklin Center, and for good reason. We believe that a self-determined mindset is integral to one's ability to make choices, set goals, self-advocate, regulate one's behavior, engage socially, know oneself, and problem solve..



Social Recreation

Social recreation provides participants opportunities to build social confidence and engage with others through shared experiences. These activities take place both in the classroom and in the community and allow participants to interact with peers in relaxed, natural settings. Through group activities, outings, and participant-led planning, learners practice participating in group dynamics and navigating social environments with greater comfort and confidence. These experiences complement our Social Skills coursework by providing opportunities to apply and strengthen social interaction in real-world contexts.



Social Skills

Social skills are the skills we use to interact with each other, both verbally and non-verbally. Our social skills coursework specifically targets many of the unspoken expectations of communication in a variety of settings, including the workplace. Our social skills coursework provides learners with the skills, mindsets, experiences, and confidence to engage with the world.

Enrollment Options

At Franklin Capstone, we work with participants and their families to determine the best curriculum to meet their needs. For full-day or flexible enrollment, we offer courses over a four-year period (think of it as year A, B, C, and D). This means that not every course you see below is available every semester.

Program Calendar

We operate on a full-year calendar with two semesters. Each semester is 22 weeks of programming (with 4-5 weeks of breaks mixed in.) Our regular schedule is from Monday — Thursday with Community Engagement Days on Fridays and over breaks.

Full-Day Enrollment

Experience all of our offerings at a deeper level. Highly recommended for first-year participants or those not yet competitively employed or attending another post-secondary institution.

Flexible Enrollment

For those who are competitively employed and/or attending additional post-secondary options, you can select specific courses to meet your needs and your schedule.

College Flex Program

Our College Flex enrollment option fits around the lives of college students. From 2:30 pm - 6:30 pm on Mondays and Wednesdays, participants can benefit from programming that complements their academic learning with a focus on social-emotional learning, executive functioning, building relationships, and preparing for successful independence after graduation. There are more specifics on the course options for our college flex program on the next page.



All participants receive at least 30 minutes of weekly 1:1 mentorship from one of our trusted and qualified staff.

Community Engagement Days

Each Friday of the year (excluding holidays) and over breaks we offer full-day events from 9:30 am - 3:30 pm that involve engagement in the community of a social, educational, and/or vocational nature. We believe in the value of community and celebrating a week of hard work. Participants will meet as an advisory committee with our Community Engagement Planner to brainstorm and research various community engagement options 6 weeks in advance. Participants will learn to budget, practice their phone skills by checking prices and availability and making reservations as needed.



College Flex Courses and Schedule

Final course schedule will be determined by enrollment and level of need/interest.

Growth Areas



Community Participation



Employment Skills



Independent Living



Post-Secondary Education



Self-Determination



Social Recreation



Social Skills



Mindsets

This course specifically focuses on our mindsets and the ways in which we can control and/or choose to live with and manage potentially negative frameworks. Left unaddressed, negative frameworks can become self-fulfilling prophecies. Participants will research and discuss the malleability of the brain, and how a more positive and growth-oriented mindset can help us lead more productive, fulfilling, and self-actualized lives.



Culinary Skills

Culinary Skills is a course that has everything to do with food! In a hands-on environment, participants will practice menu planning, grocery shopping, food preparation, kitchen safety, and cooking skills. Participants will build a personalized portfolio with recipes of their choosing. Participants will practice planning healthy meals, identify and research safety precautions for cooking, preparing, and storing food.



Perspectives in Learning

Perspectives in Learning offers a dynamic exploration of diverse learning approaches tailored for young adults on the autism spectrum who are currently enrolled in or aspire to pursue higher education. This course delves into various cognitive strategies, study skills, and adaptive techniques to foster academic success. Through interactive sessions and collaborative discussions, participants will gain valuable insights into their individual learning styles, develop effective problem-solving methods, and cultivate self-advocacy skills. Emphasizing a strengths-based approach, this course aims to empower students to navigate educational environments confidently, equipping them with adaptable tools and perspectives crucial for academic achievement and personal growth.



Communication Skills

Communication is the study of how people share ideas, information, meaning, and culture. Through debate, presentation, and observation, participants will learn both the verbal and nonverbal ways of communicating their thoughts and feelings effectively. Participants will study and select communication strategies to interact effectively in different scenarios.



Neurodiversity Seminar

Neurodiversity seminar explores what it means to be neurodiverse and how neurodiversity can affect one in life (in both positive and negative ways). It encourages and develops skills in self-awareness, self-advocacy, interpersonal relationships, and self-monitoring. Participants will research and discuss successful neurodiverse individuals, participate in group discussions, write and reflect on personal essays, and roleplay real-life scenarios. By the end of the year, participants will have a better understanding of themselves and their strengths and challenges.

Growth Areas



Community Participation



Employment Skills



Independent Living



Post-Secondary Education



Self-Determination



Social Recreation



Social Skills



Friendships and Relationships

This course is all about establishing and maintaining close relationships with others into and through adulthood. Participants will discuss the qualities they desire in a friend and/or partner, dating, the different levels of friendships and relationships, recognizing and responding to the intimate feelings of others, and the rights and responsibilities of a friend and a partner. Special emphasis will be placed on the interpersonal skills that we look for in others, and the things people will look for and expect in us. Participants will research, read, write, reflect, roleplay, and discuss the above topics, and others as determined by need.



Personal Finance

Personal Finance is a comprehensive course designed to empower individuals through the presentation of crucial life skills and foundational financial literacy. This course blends essential personal financial skills with fundamental financial knowledge. Participants will explore topics ranging from budgeting, managing day-to-day finances, and understanding banking systems to practical aspects of investing, fostering independence, and planning for the future. Through a combination of interactive sessions, real-life scenarios, and specialized resources, this course aims to equip individuals with ASD with the tools and confidence needed to navigate their financial journey effectively and independently, fostering greater self-reliance and financial well-being.



Digital and Technology Literacy

Digital and Technology Literacy is a specialized course designed to equip young adults with essential skills to navigate the digital world with confidence. This comprehensive program focuses on fundamental digital literacy, covering topics such as internet safety, basic computer operations, software applications, and effective use of technology for communication and learning. Through interactive modules and accessible resources, the course will help empower participants by enhancing their understanding of digital tools, fostering independence, and promoting proficiency in utilizing technology for personal, educational, and professional growth.



Social Skills in the Workplace

More focused than the broader Employment Skills, this course looks specifically at the social skills necessary to acquire and maintain employment in almost any occupation. These skills involve knowing both ourselves and understanding the behavior and expectations of others. Through research, discussion, and roleplay, participants will better understand the importance of behavior observation, open-ended questions, anticipating needs, respectfully handling disagreements or complaints, empathy, hygiene, and much more. Recommended for participants who are competitively employed and exploring employment opportunities.



Career Exploration and Development

This course is designed to research and explore different available vocational possibilities, including career fields, requirements, opportunities for advancement, and the vocational and social skills necessary to be successful. Participants will research the cost-benefit ratio of different employment options and discuss why certain jobs pay more than others. This course will involve multiple guest speakers and site visits. This course includes a 1:1 social mentorship opportunity with an employer in the Twin Cities area.



Getting Started

The secret to getting ahead is getting started, yet for professional procrastinators that can be the most difficult part of achieving success. This course is focused particularly on procrastination: why do we procrastinate, how can we resist procrastination, and what strategies can help us work our way out of procrastination. Participants will work on developing positive mindsets around achieving success, how to structure our routines, schedules, and activities around being productive and getting “unstuck”, and how to use positive growth strategies to follow through on our goals.



Contemporary Issues

In this course, participants research and discuss current events and important issues affecting communities and society. Participants explore a variety of topics and perspectives and develop their understanding of how social, economic, and cultural issues affect individuals and communities. Through discussion, reflection, and group activities, participants practice forming opinions, considering different viewpoints, and communicating their ideas with others.



College and Career Readiness

This structured work period supports participants in developing the organizational and self-management skills necessary for success in college and employment. Participants use individualized workflow checklists to track assignments, manage deadlines, and plan next steps related to coursework, employment, and personal goals. During this time, participants practice independent task management, time management, and professional responsibility while staff provide guidance, accountability, and support.

Sample Schedule

	YEAR A	YEAR B	YEAR C	YEAR D
2:30 PM	Mindsets	Communication Skills	Social Skills in the Workplace	Career Exploration and Development
3:30 PM	College/Career Ready	College/Career Ready	College/Career Ready	College/Career Ready
4:30 PM	Culinary Skills	Neurodiversity Seminar	Personal Finance	Getting Started
5:30 PM	Perspectives in Learning	Friendships and Relationships	Digital and Technology Literacy	Contemporary Issues



Full Course List for Full-Day and Flexible Enrolled Participants

These courses are offered over a four-year period. Final course schedule will be determined by enrollment and level of need/interest.

Growth Areas

-  Community Participation
-  Employment Skills
-  Independent Living
-  Post-Secondary Education
-  Self-Determination
-  Social Recreation
-  Social Skills



Adulthood

This course examines the specific differences between childhood, adolescence, and adulthood. In both group and 1:1 settings, it encourages participants to create their own definition of adulthood, to embrace the idea of maturation, and to consider the changing nature of things like self-care, friendship, finances, independence, and filial relationships as one grows into adulthood. The year will end with an individual research and/or writing project.



Career Exploration and Development

This course is designed to research and explore different available vocational possibilities, including career fields, requirements, opportunities for advancement, the vocational and social skills necessary to be successful, and much more. Participants will research the cost-benefit ratio of different employment options and discuss why certain jobs pay more than others. This course will involve multiple guest speakers and site visits. This course includes a 1:1 social mentorship opportunity with an employer in the Twin Cities area.



Career Skills Lab

Through hands-on vocational programming, participants will have the opportunity to work in our vocational programming space to practice work in a variety of fields. This will allow both exposure to areas of potential interest, and learn more about each field and work towards potential certification.



Choice Social

Structured socialization time at Capstone serves as the foundation for healthy human development and social cohesion. Through structured socialization, our participants learn to interact, communicate, and collaborate with each other, fostering social skills that are crucial in navigating various aspects of life. Our planned social activities provide opportunities for participants to build meaningful connections, reduce feelings of isolation and loneliness, and promote general well-being and happiness. We will allow participants to make choices and structure activities, with the important caveat that all social activities must involve at least one additional participant. In doing so, our participants will build a strong social network, improve self-confidence, and foster a sense of belonging.



Communication Skills

Communication is the study of how people share ideas, information, meaning, and culture. Through debate, presentation, and observation, participants will learn both the verbal and nonverbal ways of effectively communicating their thoughts and feelings. Participants will study and select communication strategies to interact effectively in different scenarios.



Community Fitness

This course focuses on the importance of being physically fit and healthy, and its connection to our emotional and mental health. Participants will research and discuss how to take care of their bodies through exercise, diet, sleep habits, and avoidance of harmful additives. This course includes a membership to The Marsh; participants will visit twice weekly, setting and following through on individual fitness goals.



Contemporary Issues

In this course, participants research and discuss current events and important issues affecting communities and society. Participants explore a variety of topics and perspectives and develop their understanding of how social, economic, and cultural issues affect individuals and communities. Through discussion, reflection, and group activities, participants practice forming opinions, considering different viewpoints, and communicating their ideas with others.



Culinary Skills

Culinary Skills is a course that has everything to do with food! In a hands-on environment, participants will practice menu planning, grocery shopping, food preparation, kitchen safety, and cooking skills. Participants will build a personalized portfolio with recipes of their choosing. Participants will practice planning healthy meals, identify and research safety precautions for cooking, preparing, and storing food.



Cultural and Global Awareness

In this course, participants explore different cultures, traditions, and perspectives from around the world. Participants learn about the beliefs, customs, and social norms that shape communities and influence how people interact in different settings. Through discussion, activities, and reflection, participants develop greater awareness of cultural differences and practice respectful and effective interaction with people from diverse backgrounds.



Digital and Technology Literacy

Digital and Technology Literacy is a specialized course designed to equip young adults with essential skills to navigate the digital world with confidence. This comprehensive program focuses on fundamental digital literacy, covering topics such as internet safety, basic computer operations, software applications, and effective use of technology for communication and learning. Through interactive modules and accessible resources, the course aims to empower participants by enhancing their understanding of digital tools, fostering independence, and promoting proficiency in utilizing technology for personal, educational, and professional growth.



Employment Skills

Employment Skills provides opportunities for participants to research, discuss, reflect on, and explore situations that arise within the workplace. It examines strategies and tactics to acquire, maintain, and achieve promotion within the workplace. This begins with career exploration, through things like resume writing and interview preparation and practice, and including the self-management skills needed to be successful in the workplace. Participants will research, read, write, and discuss their own experiences. Strongly recommended for all levels.



Film Studies

This course covers both classic and modern films. Participants will analyze and discuss the themes, character development, moral and ethical message, social commentary, imagery, technique, and historical content of each film. Participants will demonstrate their understanding of these themes and their critical thinking skills through guided discussion, group activities, and reflection.



Friendships and Relationships

This course is all about establishing and maintaining close relationships with others into and through adulthood. Participants will discuss the qualities they desire in a friend and/or partner, dating, the different levels of friendships and relationships, recognizing and responding to the intimate feelings of others, and the rights and responsibilities of a friend and a partner. Special emphasis will be placed on the interpersonal skills that we look for in others, and the things people will look for and expect in us. Participants will research, read, write, reflect, roleplay, and discuss all of the aforementioned topics (and more).



Getting Aware, Getting Involved

This participant-driven, community-based course gives participants the opportunity to research and explore the world around them. Participants will practice community-based activities such as: going to the laundromat, shopping at the mall, visiting museums and the library. Distinct from our social recreational events, Getting Aware, Getting Involved is about exploring the resources and information available to navigate and thrive in the world around us.



Getting Started

The secret to getting ahead is getting started, yet for professional procrastinators that can be the most difficult part of achieving success. This course is focused particularly on procrastination: why do we procrastinate, how can we resist procrastination, and what strategies can help use work our way out of procrastination. Participants will work on developing positive mindsets around achieving success, how to structure our routines, schedules, and activities around being productive and getting “unstuck”, and how to use positive growth strategies to follow through on our goals.



Hands-On Integrated Work Opportunity

More than any other approach, integrated work experiences have a proven track record of preparing neurodiverse populations for competitive employment. These work experiences, with employers in the West Metro, allow our participants the opportunity to practice the skills necessary to achieve and maintain competitive employment in similar work environments and fields. The work experience is voluntary (unpaid), but allows for substantial experiences, resume building, and long-term opportunities. Participants are accompanied by an instructor and/or job coach to provide support and instruction. This course is strongly recommended for those not currently competitively employed.



Home Maintenance and Safety

Home Maintenance and Safety helps participants learn and practice safe ways to care for and maintain a home or apartment. This includes but is not limited to: routine cleaning and maintenance, identifying and using tools, identifying and using cleaning products, knowing when to and when not to call a professional, securing your home/apartment when you are away, disposing of waste properly, using, purchasing, and maintaining appliances, and performing other basic home care tasks.



Housing Options

Housing Options is a course specifically designed to examine the available housing options that exist in the Twin Cities area. We will research, discuss, and explore the financial, legal, personal, romantic, mental, and physical benefits of different types of housing options, including having a roommate, living with a partner, living independently, living at home, assisted and group living options, and renting vs. owning. We will visit different apartments, group home options, and homes (guided by a professional realtor) to understand how to navigate the housing market and make the most holistic and beneficial individual choice.





Math for Employment

Math for Employment allows participants to continue to maintain and develop their essential life math skills. Specific skill development will be based on the participants' individual plans, but the course is designed to focus on topics such as: money management, time management, measurement, making calculations in your head, calculator usage, solving word problems, estimating correctly, fractions, graphing points on a coordinate plane, converting ratios and measurements, area, volume, and surface area.



Mindsets

This course specifically focuses on our mindsets and the ways in which we can control and/or choose to live with and manage potentially negative frameworks. Left unaddressed, negative frameworks can become self-fulfilling prophecies. Participants will research and discuss the malleability of the brain, and how a more positive and growth-oriented mindset can help us lead more productive, fulfilling, and self-actualized lives.



Neurodiversity Seminar

Neurodiversity seminar explores what it means to be neurodiverse and how neurodiversity can affect one in life (in both positive and negative ways). It encourages and develops self-awareness skills, self-advocacy skills, interpersonal relationship skills, and self-monitoring skills. Participants will research and discuss successful neurodiverse individuals, participate in group discussions, write and reflect on personal essays, and roleplay real-life scenarios. By the end of the year, participants will have a better understanding of themselves and their strengths and challenges.



Performing Arts

Multiple studies have shown that the performing arts can be a key element in helping neurodiverse learners practice social skills, verbal expression, and empathy for others. Using a variety of dramatic techniques, Performing Arts helps participants communicate and visualize the creative process. Through improvisation, participants learn flexible thinking and social skills. Through storytelling and playwriting, participants learn the skills necessary to communicate their ideas effectively. This class is for any student interested in the art of performance.



Personal Finance

Personal Finance is a comprehensive course designed to empower individuals by imparting crucial life skills and foundational financial literacy. This course blends essential personal financial skills with fundamental financial knowledge. Participants will explore topics ranging from budgeting, managing day-to-day finances, and understanding banking systems to practical aspects of investing, fostering independence, and planning for the future. Through a combination of interactive sessions, real-life scenarios, and specialized resources, this course aims to equip individuals with ASD with the tools and confidence needed to navigate their financial journey effectively and independently, fostering greater self-reliance and financial well-being.



Problem Solving

How do we work our way out of difficult situations? What steps can we take to avoid those situations in the first place? This course will help participants develop the skills and mindsets necessary to determine why an issue is happening and find potential pathways to resolve that situation. Participants will work on uncovering their own unique personalities, including their strengths and challenges, and how those might play into different approaches to the same problem. Participants will read, research, and discuss problem-solving strategies, write and reflect on responses to different situations, and role-play scenarios to be active problem-solvers.





Reading for Employment

Reading for Employment allows participants to maintain and develop their essential reading and writing skills. Specific skill development will be based on the participants' individual plans, but the course is designed to focus on topics such as: taking effective notes, researching and reading job ads, managing email correspondence, conversing through text and social media, obtaining key information, summarizing the plot and themes of a reading, understanding point of view in authorship and bias, understanding and identifying figurative and connotative language.



Safety and Emergency Preparedness

This course covers safety preparedness and knowledge to protect our physical, mental, financial, and emotional selves. Participants will research and discuss the appropriate balance between being open and vulnerable, while still knowing and maintaining one's boundaries in different situations. Using Red Cross Certified materials, participants will also research, practice, and prepare for different safety and emergency situations in the home, at work, and in the community. After completing this course, participants should be able to more confidently and effectively care for and protect themselves and others.



Self-Care

A term that has come to take on multiple meanings, self-care in its most literal sense (and what we will be discussing in this course), is simply the act of understanding and anticipating your needs and wants (whether physical, emotional, social, or mental) and how best to actively and conscientiously look after yourself. Participants will explore and discuss the importance and changing nature of self-care as an adult, and how self-care depends on an honest assessment and understanding of one's self. By the end of the course, participants will have identified, practiced, and strategized various self-care techniques to carry with them into adulthood.



Social Skills in the Workplace

More focused than the broader Employment Skills, this course looks specifically at the social skills necessary to acquire and maintain employment in almost any occupation. These skills involve knowing both ourselves and understanding the behavior and expectations of others. Through research, discussion, and roleplay, participants will better understand the importance of behavior observation, open-ended questions, anticipating needs, respectfully handling disagreements or complaints, empathy, hygiene, and much more. Recommended for participants both competitively employed and otherwise.





Social Strategies

This large and flexible course is designed to address many different levels of social skills and the strategies necessary to adapt and thrive in the adult world. Participants will research and discuss social norms, including: body language, shared conversations, and unspoken rules. Participants will learn more about themselves and what they bring into different social situations. Special emphasis will be placed on how to engage in social conversations, particularly the subtleties of conversation, such as non-verbal cues, verbal expressions that are inconsistent, and tone.



Stress Management

How can we best deal with stress? How do we identify our good stressors and our bad stressors? What's the difference between stress and anxiety? This course is all about how we manage, accept, channel, mitigate, and sometimes even embrace the stressors that come with adult life. Participants will research, discuss, and practice different stress-management techniques such as: mindfulness, exercise, being in nature, pet therapy, creative activities, expressive gratitude, guided imagery, and more. Participants may not feel stress less frequently by the end of the course, but they will be better prepared and equipped to handle stress when it comes.



Technology and Employment

This course focuses on the importance of technology in the workplace, as well as in the acquisition and maintenance of employment. Participants will be introduced to the necessary skills in technology used in competitive work environments such as Google's G suite and Microsoft Office 365. Participants will also research and discuss the use of social media, social networking, and phone apps both as a way of boosting and hindering productivity and networking potential. Participants will research and discuss how to avoid scams, phishing, and other unsafe uses of technology and the internet. This course includes a 1:1 social mentorship opportunity with an employer in the Twin Cities area.



Transportation Essentials

Transportation essentials is for participants who will need to know how to use public transportation, Metro Mobility, rideshare, or other non-driving options. Participants will practice reserving and taking trips, as well as troubleshooting potential issues. This course will help participants gain awareness and confidence in the use of public transportation and other transportation options through hands-on practice, researching itineraries, using maps and navigation apps, and traveling in the community with peers.

Sample Schedule

YEAR A	Semester 1	Semester 2
9:00	Technology and Employment	Getting Aware, Getting Involved
10:00	Social Strategies	Reading for Employment
11:00	Culinary Skills	Culinary Skills
12:00	Lunch/Choice Social	Lunch/Choice Social
1:00	Career Skills Lab/Community Fitness (M/W)	Career Skills Lab/Community Fitness (M/W)
2:00	Employment Skills-Classroom Edition	Career Exploration
3:00	Home Maintenance and Safety	Housing Options
4:00	Choice Social	Choice Social

YEAR B	Semester 1	Semester 2
9:00	Adulthood	Safety and Emergency Preparedness
10:00	Transportation Essentials	Friendships and Relationships
11:00	Employment Skills	Self-Care
12:00	Lunch/Choice Social	Lunch/Choice Social
1:00	Health and Fitness/Community Fitness (T/TH)	Health and Fitness/Community Fitness (T/TH)
2:00	Math for Employment	Career Exploration
3:00	Performing Arts	Stress Management
4:00	Choice Social	Choice Social

YEAR C	Semester 1	Semester 2
9:00	Social Strategies	Contemporary Issues
10:00	Getting Started	Reading for Employment
11:00	Culinary Skills	Culinary Skills
12:00	Lunch/Choice Social	Lunch/Choice Social
1:00	Health and Fitness/Community Fitness (T/TH)	Health and Fitness/Community Fitness (T/TH)
2:00	Employment Skills-Classroom Edition Career Skills	Career Exploration
3:00	Lab	Neurodiversity Seminar
4:00	Choice Social	Choice Social

YEAR D	Semester 1	Semester 2
9:00	Mindsets	Communication Skills
10:00	Transportation Essentials	Friendships and Relationships
11:00	Employment Skills	Self-Care
12:00	Lunch/Choice Social	Lunch/Choice Social
1:00	Career Skills Lab/Community Fitness (M/W)	Career Skills Lab/Community Fitness (M/W) Career
2:00	Math for Employment	Exploration
3:00	Problem Solving	Film Studies
4:00	Choice Social	Choice Social



Franklin
CAPSTONE

1001 Boone Avenue North
Golden Valley, MN 55427

(952) 737-6900 Fax (952) 737-6901

franklinmn.org