

Next Step Program Requirements 2-year Chart:

Semester One	Unit	Semester Two	Unit	Semester Three	Unit	Semester Four	Unit
Recreation/Leisure	1	Recreation/Leisure	1	Recreation/Leisure	1	Recreation/Leisure	1
VU Class/ Visions class/Tutoring	3	VU Class/Commons Seminar/Tutoring	3	VU Class/ Visions class/Tutoring	3	VU Class/Commons Seminar/Tutoring	3
Independent Study -Personal Goals	3	Independent Study -Personal Goals	3	Independent Study -Personal Goals	3	Independent Study -Personal Goals	3
Career Exploration Internships (2 sites)	3	Career Exploration Internships (2 sites) OR TN Tech Program	3	Career Exploration Internships (1) OR TN Tech Program OR Paid Employment	3	Career Exploration Internships (1) OR TN Tech Program OR Paid Employment	3
Technology Projects Email, Photo Journal	1	Technology Projects Email, Photo Journal, Electronic Resume	1	Technology Projects Email, Photo Journal, Electronic Resume	1	Technology Projects Email, Photo Journal, Electronic Resume	1
Job Club/Group Time	1	Job Club/Group Time	1	Job Club/Group Time	1	Job Club/Group Time	1
Special Topic Seminar	1	Special Topic Seminar	1	Special Topic Seminar	1	Special Topic Seminar	1
Student Club/ Organization	1	Student Club/ Organization	1	Student Club/ Organization	1	Student Club/ Organization	1
Total Units	14		14		14		14

Note: The program requirements are subject to change as the Next Step program develops.

Updated: 10-2009

Description of Next Step Program Requirements

Recreation/Leisure

1 unit

Students will be required to participate in 3 hours of physical exercise activities per week. Students can use the Student Recreation Center, the exercise room in the Commons Center, or they can choose an activity on their own. Peer mentors will be involved to enhance and monitor these activities.

VU Class/Tutoring

3 units

Each semester Next Step students will register for one Vanderbilt course that aligns with their career and/or leisure interests. They will have the support of an academic mentor as needed. The student, along with their support team, will determine if these classes are to be taken for credit or audit. Students are required to meet with an academic tutor a minimum of 1 hour each week.

Visions/Commons Seminars

Next Step students will join a group of freshmen students to participate in weekly hour-long classes that explore a wide range of topics. Visions classes take place during the fall semester and Commons Seminars are held in the spring semester.

Independent Study

3 units

Independent Study time will address independent living and academic skills that students identify as areas they want to strengthen. Each student will be required to schedule 3-5 hrs per week to complete the Independent Study objectives with their peer mentors, practicum students, or Next Step staff.

Internships/Employment

3 units

Career exploration activities will be supported throughout the four semesters on an individual basis. Students will have the opportunity to participate in non-paid internships and paid jobs on and off campus with supports as needed. The amount of time devoted to vocational activities can range from 4-20 hours per week.

TN Technology

3 units

Students will have the opportunity to receive vocational training at the Nashville Tennessee Technology Center, 10 to 16 hours each week, beginning their second semester in the program. Peer support will be provided as needed.

Technology Projects

1 unit

Students will meet 1 to 3 hours each week with a college Best Buddy member to become proficient in using computers and other digital forms of media to complete projects and to document their college experience.

Special Topic Seminars

1 unit

Students will participate in a weekly class that will explore topics such as Disability Awareness, Self-Advocacy, Friends and Dating, and Community Safety. This class is an inclusive class and is be open to other interested Vanderbilt students.

Job Club/Group Time

1 unit

Students will participate in bi-weekly de-briefing sessions with other Next Step classmates to share successes and challenges at their worksites and adjustments that they are making to college life.

VU Student Organizations

1 unit

Next Step students will be required to participate in at least one student organization or club each semester. Best Buddies college students will be available to be social ambassadors as needed.