

Program Overview

The Life Academy is a highly structured, two-year post-secondary program designed to provide a college experience for adults with intellectual or developmental disabilities. Over the course of 32 carefully designed courses, students develop essential skills in independence, employment, and community engagement.

The program focuses on preparing students to lead fulfilling, productive lives by enhancing their personal, academic, and professional growth. Through hands-on learning, real-world experiences, and individualized support, Life Academy students gain the tools they need to become confident, contributing members of their communities.

Social Skills & Relationship Building

- Develop communication, collaboration, and interpersonal skills
- Self-awareness and developing self-confidence

Independent Daily Living Skills

- Mastering routines and responsibilities for greater self-sufficiency
- Learning technology basics

Employment/Vocational Skills Development

- Preparing for meaningful work opportunities
- Career exploration and supported employment

Health, Wellness & Safety

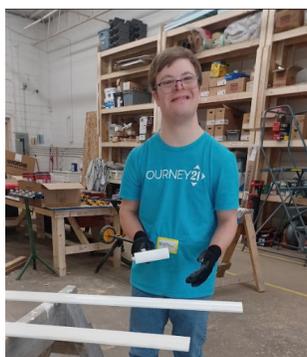
- Maintaining physical and emotional well-being
- Gaining healthy lifestyle habits including growth mindset

Personal Finances

- Managing money, budgeting, planning for the future
- Understanding the value of money

Expected Outcomes:

- Build confidence and belonging
- Student obtains competitive or supported employment, or is job-ready upon program completion
- The need to rely less on formal supports and more on their own abilities and community networks
- Demonstrates increased independence in daily living and advocates for needed supports
- Navigates the community safely and accesses community resources



Student Internship Placements

Students participate in four separate 14-week internship placements, offering the opportunity to explore a variety of career paths. Internships are carefully matched to each student's aptitudes, interests, and strengths, ensuring a meaningful and personalized experience.

Placements provide real-world work experience, helping students develop essential employability skills such as responsibility, teamwork, and professional communication. Students are supported throughout their internships by dedicated job coaches, guiding them as they build confidence and prepare for future employment opportunities.

Life Academy

UNIQUE OPPORTUNITIES & PARTNERSHIPS

WAUKESHA COUNTY TECHNICAL COLLEGE

- Students participate in four specially designed courses which meet for 75 minutes every Tuesday and Thursday
- Classes include: Consumer Math for Everyday Life, Personal Health & Safety, Presenting Yourself Professionally, Community and Food Safety

CAMP WHITCOMB MASON

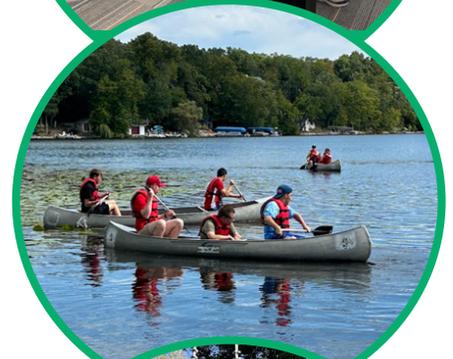
- This immersive setting allows students to develop teamwork, independence, and a deeper connection with the natural world through nature-based and experiential learning activities. Examples include:
 - Canoeing on Lake Keesus – developing water safety and outdoor skills
 - Mindful Meditation – practicing focus, relaxation, and self-awareness
 - Nature Hikes & Walks – exploring the surrounding trails and habitats
 - Scavenger Hunts – hands-on exploration of the environment

ROGER'S BEHAVIORAL HEALTH

- Weekly sessions begin with team-building activities on a low and high ropes course
- Students work with Recreational, Music, and Art Therapists to develop essential life skills, including goal setting, recognizing and expressing emotions, effective communication, anxiety management, self-advocacy and more

NX LEVEL SPORTS PERFORMANCE

- Development of healthy lifestyle habits and strengthen overall fitness through six circuit stations that focus on agility, flexibility, core training, weight lifting, and cardio
- Every session concludes with a culminating activity that builds teamwork skills



INTERESTED IN LEARNING MORE?

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