

**Virtual HYPE Course: Content Outline**

*The information below describes the Virtual HYPE Course, being offered in Spring and Summer 2020. See p. 2 for the Course Schedule.*

* **Description**: Helping Youth on the Path to Employment (HYPE) offers career-oriented classes, online, to help young adults with mental health conditions in:
  + Finding out what you want to do
  + Prep for getting a job
  + Prep for enrolling in or succeeding in school
  + Getting organized for school and work
* **3 Courses:**



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* + Career Decision-Making (6 weeks)
  + HYPE Work Prep (7 weeks)
  + HYPE School Prep (6 weeks)
* **Eligibility:** Young adults (18-30) with lived experience of a mental health condition who are interested in pursuing school and work goals are invited to participate!
* **When**: Courses will be offered throughout the Spring and Summer of 2020, at different days and times. See our Course Schedule (next page) for more about dates and times!
* **Location:** Young adults participate from the comfort of their own homes. They will have the opportunity to meet other young adults from around the state via video chat during course sessions.
* **Additional Support:** Each participant will have the opportunity to participate in a 1-hour individual session with course instructors during the course.
* **Registration**: To register for one or all of the HYPE Virtual Courses for Spring and Summer 2020, register online or contact us! Courses are limited to 12 participants per session, so sign up early.
* Complete our Online Registration Form! <https://tinyurl.com/hypecourse20>
* Email us at: [HYPE@umassmed.edu](mailto:HYPE@umassmed.edu)
* Questions? Text or Call Debbie at: 774-312-6905

**HYPE** **Course Schedule**

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***The schedule below*** *details the 3 courses, dates and times, and topics covered.*

*HYPE Virtual Courses will be held online, through video conferencing (Zoom) for up to 1.5 hours per week. Participants may take one course, two, or all 3!*

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|  | Career Decisions | HYPE Work Prep | HYPE School Prep |
| Offering #1: | Wednesdays 12:30-2:00  May 13 – June 17, 2020 | Wednesdays 3:00-4:30  May 27 – July 1, 2020 | Fridays 2:00-3:30  June 12 – July 24, 2020 (no class July 3 for 4th of July Holiday) |
| Offering #2 | Wednesdays 12:30-2:00  June 24 – July 29, 2020 | Wednesdays 3:00-4:30  July 8 – August 19, 2020 | Fridays 2:00-3:30  July 31 – September 4, 2020 |

**HYPE Course Outline**

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| --- | --- | --- |
| HYPE Course Name | Course Session | Range of Topics Covered |
| **Career Decision-Making**  (6 weeks) | Orientation | Course overview and Getting to Know Each Other |
| Session 1 | Vocational Interests |
| Session 2 | Choosing a Direction: The Self-Directed Search |
| Session 3 | Personal Criteria and Researching Career Options |
| Session 4 | Exploring Your Talents in the Gig Economy |
| Session 5 | Deciding our Career Paths |
|  | | |
| **HYPE Work Prep**  (7 weeks) | Orientation | Course overview and Getting to Know Each Other |
| Session 1 | Choosing the Type of Job for You: the Self-Directed Search |
| Session 2 | Networking and the “Elevator Pitch” |
| Session 3 | Exploring Your Talents in the Gig Economy |
| Session 4 | Interviewing Prep: Preparing for the Common Questions |
| Session 5 | Disclosure of a Disability and Accommodations |
| Session 6 | Getting Organized for Work |
|  | | |
| **HYPE School Prep**  (6 weeks) | Orientation | Course overview and Getting to Know Each Other |
| Session 1 | Choosing a Career Direction for School |
| Session 2 | Choosing a School/Program |
| Session 3 | Applying for School: the Ins and Outs |
| Session 4 | Disability Services and School Accommodations |
| Session 5 | Getting Organized for School |