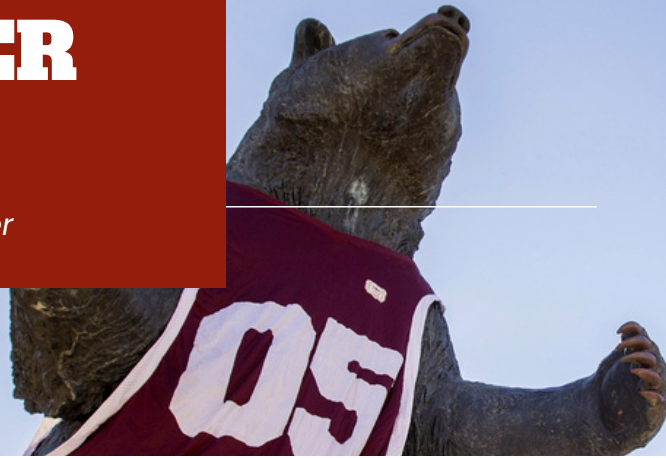


# BEAR POWER

March 2023

Monthly Newsletter

# MAKE YOUR MISSOURI STATEMENT™



## 20 Powerful Strategies

### Prepare Your Child for Inclusive Post-Secondary Education

<b>Make sure your child is a regular attendee at an over-night, sleep-away camp.</b>	Have your child become comfortable with electronic communication, including email and attachments	<b>Empower your child to manage a schedule using a cell phone (calendar, timers, reminders, etc)</b>	Strategize a system for independent medication management	<b>Help your child practice talking about disability characteristics, best learning styles, and needs.</b>
<b>Sign up for a drama or improv group</b>	Have your child call and make appointments for doctor/dentist/advisor	<b>Give your child a budget for clothing. Step back from the selection process.</b>	Support choice-making.	<b>Start a savings program for college.</b>
<b>Build expectations for postsecondary life (working, living independently)</b>	Open a bank account with your child. Give your child the debit card and train responsible use of money.	<b>Let your child fail, and talk through making a different choice next time.</b>	Help your child become comfortable with down-time & using time constructively	<b>Use public transportation, even if YOU don't live on the bus line.</b>
<b>Encourage moderation strategies around food and money</b>	Fill your life with interest other than the social/sports/activity schedule of your child. (i.e. Get your own life)	<b>Support your child in volunteering for a cause or organization. (Excellent work experience!)</b>	Dignify your child's desires with high expectations.	<b>Use Family Support dollars to pay for inclusive camping experiences and extend that use for post-secondary programs</b>

<https://thinkcollege.net/sites/default/files/files/resources/20PowerfulStrategies.pdf>

## Internship

This month we gained insight into Everett Week's internship! Everett is currently interning at Stormdar which is based in Branson, MO. At Stormdar, Everett gets to assist in tracking storms, incoming weather, and pollen! Everett is also getting experience in seeing how Stormdar uses social media platforms like Facebook to keep the public informed on weather conditions. Everett enjoys taking pictures of the sky for Stormdar to post and learning how to work the storm radar!



**Financial Resource:** <https://choosework.ssa.gov/library/faq-plan-to-achieve-self-support>

## UPCOMING EVENTS

- Sign up for housing!
- April 7th - No classes/offices closed for Spring Holiday
- April 10th - Sign up for Fall 2023 courses
- April 13th - Lunch at PSU
- April 15th - Autism Blas Battlefield Mall
- April 22nd - MSU Baseball game



Monthly Newsletter

# ACADEMIC SUPPORT AND INTERNSHIP SEMINAR

Students have been focusing on a variety of topics for this Spring semester. Cohorts have been discussing and learning about self-care, consent, interpersonal communication, cover letters, networking, references, and interview skills.

We are lucky to have Missouri State University Occupational Therapy students helping to facilitate equitable lectures for our students. For a few weeks, they are working within our class on the following topics: emotional, intellectual, physical, environmental, financial, occupational, and social.

We also have been able to partner with MSU Career Center to have experts facilitate conversations regarding "Transition to Employment". As we wind down the semester, students will be working on their various projects/presentations for Academic Support/Internship Seminar.

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## Autism Blast event

Bear POWER is proud to be a part of "Autism Blast". This event will be at the Battlefield Mall in Springfield, MO on April 15th from 10:00 am - 3:00 pm at the JC Penney East Entrance. This is a great way for you to get engaged with the long list of resources in our area to support individuals on the autism spectrum! In the past there have been vendors from: Christian County links, Center for Music Therapy, Champion Athletes, Springfield Regional Office, Empower: Abilities, NOVA, and many more! This event is hosted by Arc of the Ozarks.

## SUPPORT BEAR POWER

We couldn't help support students and give them opportunities to engage on campus without donor's financial support. If you can help support our program, please scan the QR code or go to <https://securelb.imodules.com/s/1691/foundation/interior.aspx?sid=1691&gid=2&pgid=1053&cid=1991> to make a donation!



## FALL 2023

We are currently accepting applications for the next cohort! **Only 2-3 spots left!** Please visit this website for further information and directions on how to apply! DEADLINE is June 1, 2023!

<https://www.missouristate.edu/BearPOWER/first-steps.htm>