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| EAGL 0320  **Transition to Independent Living: Off-Campus Living**  ***Fall 2025***  **Department of Special Education,**  **Rehabilitation and Counseling**  **College of Education**  Instructor Information  **Stephanie Willis**  SMW0123@auburn.edu |  |

Course Information

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| **Course Title** | **Transition to Independent Living: Off-Campus Living** |
| **Course Number** | **EAGL 0320** |
| **Credit Hours** | 0 |
| **Meetings Days** | T/R |
| **Meeting Time** | 9:30 – 10:45 am |
| **Meeting Location** | **EDUC 1403G** |
| **Instructor** | Stephanie Willis |
| **Office Location** | EDUC 1403R |
| **E-mail** | smw0123@auburn.edu |
| **Office Hours** | By appointment |
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| Fall 2025 Course Schedule | | | | | |
| WEEK | **DATE** | **CLASS** | **INDICATOR** | | **ASSIGNMENT DUE** |
| Week 1 | 08/19 | EAGL 0302 Syllabus |  | |  |
| INDEPENDENT LIVING INDICATOR TOPIC: TRAVEL & TRANSPORTATION | | | | | |
| Week 1 | 08/21 | **Lecture:** Getting There Safely – Navigating Off-Campus Life  **Objective:** Students will demonstrate how to plan and complete a trip around campus and the community using safe travel strategies and appropriate transportation services. | IL. 35  IL. 36  IL. 37 | | Weekly Guided Notes due in Class, due Tuesday, 08/26 by 9:00 a.m. |
| Week 2 | 08/26 | PCP Meetings | IL. 44  IL. 45  IL. 46 | IL. 48  IL. 53 | Assignment to Ride Transit with a WING, due Tuesday, 09/02 by 9:00 a.m. |
| Week 2 | 08/28 | PCP Meetings | IL. 44  IL. 45  IL. 46 | IL. 48  IL. 53 | Assignment to Ride Uber with a WING, due Tuesday, 09/02 by 9:00 a.m. |
| INDEPENDENT LIVING INDICATOR TOPIC: CLEANING & HOUSEHOLD MAINTENANCE | | | | | |
| Week 3 | 09/02 | **Lecture:** Apartment Upkeep 101 – Keeping It Together Off-Campus  **Objective:** Students will demonstrate their ability to maintain a clean, organized, and safe apartment environment by identifying proper cleaning routines, tools, and safety habits necessary for independent living. | IL.7  IL.8  IL.10  IL.12 | IL.14  IL.15  IL.16  IL.39 | Weekly Guided Notes due in Class, due Tuesday, 09/09 by 9:00 a.m. |
| Week 3 | 09/04 | **Lecture:** Lightbulbs & Leaks – Apartment Maintenance Basics  **Objective:** Empower students to independently manage minor maintenance issues and know when/how to contact property management. | IL.38  IL. 39  IL.40 | | Weekly Guided Notes due in Class, due Tuesday, 09/09 by 9:00 a.m. |
| INDEPENDENT LIVING INDICATOR TOPIC: MEAL PREPARATION & FOOD SAFETY | | | | | |
| Week 4 | 09/09 | **Lecture:** Smart Shopping & Meal Planning Basics  **Objective:** Students will learn how to plan meals, create a shopping list, and choose appropriate items (frozen, canned, and fresh) to prepare basic meals. | IL.1  IL.3 | | Weekly Guided Notes due in Class, due Tuesday, 09/16 by 9:00 a.m. |
| Week 4 | 09/11 | **Lecture:** Kitchen Safety & Prep Routines  **Objective:** Students will demonstrate how to follow a recipe safely, including food handling, safe cooking practices, and proper clean-up. | IL.2  IL.4  IL.5  IL.6  IL.9 | | Weekly Guided Notes due in Class, due Tuesday, 09/16 by 9:00 a.m. |
| Week 5 | 09/16 | **Application Based-Activity:** Skillet Turkey Tacos  **Skills:** Stove use, browning ground meat, using seasonings | IL.2  IL.4  IL.5 | IL.6  IL.9 | Cooking Lesson Reflection |
| Week 5 | 09/18 | **Application Based-Activity:** One-Pot Pasta  **Skills:** Boiling water, combining ingredients safely | IL.1  IL.2  IL.3  IL.4  IL.5 | IL.6  IL.9 | Cooking Lesson Reflection |
| Week 6 | 09/23 | **Application Based-Activity:** Sheet Pan Chicken & Veggies  **Skills:** Oven safety, roasting, basic seasoning | IL.1  IL.2  IL.3  IL.4  IL.5 | IL.6  IL.9 | Cooking Lesson Reflection |
| Week 6 | 09/25 | **Application Based-Activity:** Baked Quesadillas  **Skills:** Oven handling, layering ingredients, flipping halfway | IL.1  IL.2  IL.3  IL.4  IL.5 | IL.6  IL.9 | Cooking Lesson Reflection |
| Week 7 | 09/30 | **Application Based-Activity:** Air Fryer Chicken Tenders & Green Beans  **Skills:** Air fryer timing | IL.1  IL.2  IL.3  IL.4  IL.5 | IL.6  IL.9 | Cooking Lesson Reflection |
| Week 7 | 10/02 | **Application Based-Activity:** Air Fryer Breakfast Potatoes  **Skills:** Chopping, seasoning, air frying | IL.1  IL.2  IL.3  IL.4  IL.5 | IL.6  IL.9 | Cooking Lesson Reflection |
| Week 8 | 10/07 | **PCP MEETINGS** | | | |
| Week 8 | 10/09 | **FALL BREAK – NO CLASS** | | | |
| INDEPENDENT LIVING INDICATOR TOPIC: PERSONAL HYGIENE & HEALTHCARE | | | | | |
| Week 9 | 10/14 | **Application-Based Activity:** Visit Basden Eye Care with Dr. Brett Basden | IL. 44  IL. 45  IL. 46 | IL. 48  IL. 53 | Eyecare Community Outing Reflection due at the end of class on Canvas |
| Week 9 | 10/16 | **Application-Based Activity:** Auburn College of Nursing Skills Lab – CPR, Heimlich, Basic First Aid – Dr. Kathy McAdory | IL. 44  IL. 45  IL. 46 | IL. 48  IL. 53 | Medical Community Outing Reflection due at the end of class on Canvas |
| Week 10 | 10/21 | **Lecture:** Head-to-Toe Wellness – Hygiene, Dressing, and Self-Care  **Objective:** Students will demonstrate understanding of daily hygiene routines, seasonal and situational dressing, and how small daily habits contribute to overall well-being. | IL.17  IL.18  IL.19  IL.20 | | Weekly Guided Notes due in Class, due Tuesday, 10/28 by 9:00 a.m. |
| Week 10 | 10/23 | **Lecture:** Health & Feelings – Taking Care of Body and Mind  **Objective:** Students will learn how to monitor their health, communicate with providers, and care for their emotional well-being through healthy routines and strategies. | IL.21  IL.22  IL.23  IL.24  IL.25 | | Weekly Guided Notes due in Class, due Tuesday, 10/28 by 9:00 a.m. |
| INDEPENDENT LIVING INDICATOR TOPIC: SAFETY & EMERGENCY PREPAREDNESS | | | | | |
| Week 11 | 10/28 | **Lecture:** Personal Safety at Home – Lock It, Don’t Let It In  **Objective:** Students will demonstrate understanding of how to secure their apartment, identify safe interactions at the door, and prevent potentially dangerous situations involving strangers. | IL.31  IL.32 | | Weekly Guided Notes due in Class, due Tuesday, 11/04 by 9:00 a.m. |
| Week 11 | 10/30 | **Lecture:** Emergency Ready – Fire, Gas, and Weather Safety  **Objective:** Students will identify emergency procedures for fire, gas leaks, and severe weather, including evacuation, shelter-in-place, and calling for help. | IL.33  IL.34 | | Weekly Guided Notes due in Class, due Tuesday, 11/04 by 9:00 a.m. |
| Week 12 | 11/04 | **Application-Based Activity** |  | |  |
| Week 12 | 11/06 | **Application-Based Activity** |  | |  |
| INDEPENDENT LIVING INDICATOR TOPIC: TIME MANAGEMENT & ORGANIZATION | | | | | |
| Week 13 | 11/11 | **Lecture:** Plan Your Day – Mastering Routines & Time Management  **Objective:** Students will learn how to structure their day using a routine, prioritize tasks, and adjust their schedule when things change. | IL.26  IL.27  IL.29 | | Weekly Guided Notes due in Class, due Tuesday, 11/18 by 9:00 a.m. |
| Week 13 | 11/13 | **Lecture:** Tools That Work – To-Do Lists, Equip, and Free Time Balance  **Objective:** Students will learn how to effectively use tools like the Equip app and to-do lists to manage their responsibilities and free time in a balanced way. | IL.27  IL.28  IL.30 | | Weekly Guided Notes due in Class, due Tuesday, 11/18 by 9:00 a.m. |
| Week 14 | 11/18 | **EAGLES INTERVIEWS – NO CLASS** | | | |
| Week 14 | 11/20 | **EAGLES INTERVIEWS – NO CLASS** | | | |
| Week 15 | 11/25 | **THANKSGIVING BREAK – NO CLASS** | | | |
| Week 15 | 11/27 | **THANKSGIVING BREAK – NO CLASS** | | | |
| Week 16 | 12/02 | **PCP Meetings** | | | |
| Week 16 | 12/04 | **PCP Meetings** | | | |

1. **Date Syllabus Prepared:** Updated July 2025
2. **Textbooks or Major Resources-** There is no need for students to buy a textbook for this class. All readings or other documents will be provided to the student by the teacher.
3. **Course Description-** This course is designed to support third-year EAGLES students in developing and applying the skills necessary for successful, independent living in an off-campus apartment setting. Students will engage in application-based lessons that focus on apartment maintenance, meal preparation and food safety, personal hygiene and healthcare management, emergency preparedness, time and task management, and safe transportation. Through real-world practice, the use of scheduling tools like the Equip app, and opportunities for reflection, students will build confidence in managing daily responsibilities, utilizing available supports, and actively participating as engaged members of the Auburn community.
4. **Outcomes and Objectives:**

* Students will evaluate independent living skills related to apartment maintenance and cleanliness by participating in hands-on lessons and completing cleaning checklists during application-based lessons in their off-campus living environment.
* Students will develop skills in meal preparation and food safety by following recipes, operating kitchen appliances, and demonstrating safe food handling practices during guided cooking sessions.
* Students will demonstrate an understanding of hygiene routines, appropriate dress for various settings, and basic healthcare management through hygiene checklists, role-play scenarios, and first aid and symptom-reporting simulations.
* Students will assess and respond appropriately to home and personal safety concerns, including locking doors, recognizing emergency situations, and identifying safe responses to fire, gas, and weather-related events during scenario-based safety lessons.
* Students will reflect on and evaluate their time management and daily routines by creating to-do lists, using the Equip app for scheduling, and participating in lessons focused on prioritizing and adjusting personal schedules.
* Students will demonstrate appropriate decision-making and personal responsibility during free time by identifying meaningful, healthy leisure activities and tracking their use of unstructured time.
* Students will apply transportation and community navigation skills by planning and completing mock and real travel experiences using campus and community transportation systems safely and independently.

1. **Think College Accreditation Standards Covered in this course:**
2. CS 2
3. CS 7
4. SSS 2
5. **Assignments, Grading, and Class Materials:**

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| Activity | Points | Grading Scale |
| Application Activities | 180 | A  90% - 100% |
| Guided Notes | 120 | B  80% - 89% |
| Total Possible: | 300 | C  70% - 79% |
| D  60% - 69% |
| F  59% and below |

1. **Class Policy Statements:**
   * 1. **Email & Canvas:** Students are responsible for checking emails and Canvas daily.
     2. **Accommodations:** If you need extra time or special help with assignments, you need to ask for it ahead of time. It is best to ask at least one week before the assignment is due. You can't get extra time after the assignment is already late.
     3. **Participation**: Students are supposed to join in and do all the activities in class. Assignments have set due dates, and if you do not have an approved excuse, you may not turn them in late. If you miss a deadline, it's your job to talk to the teacher about making up the work. Being involved in class activities is important for doing well in class.
     4. **Attendance**: Students, you must go to all your classes unless you have an approved excuse (like a doctor’s note).
2. If you miss class three times without an approved excuse, a 3% meeting will be put in place, and your parents or guardian will be told about it. Going to class is important if you want to do good in school.
   * 1. **Tardies**: Students, you must come to class on time.
   * If you're more than 5 minutes late, it's called being tardy.
   * If you're more than 10 minutes late, you will be marked absent from class.
   * After being late three times without an approved excuse, you will have a 3% meeting.
   * Being on time for class is important if you want to do well in school.
     1. **Assignments:** Students, your written assignments should be typed and should be of good quality. You need to turn them in on the day and time they are due. We will not accept late assignments unless the university gives you an excuse.
     2. **Excused** **Absences**: Students, if you need to miss class for a good reason, such as, being sick or someone in your family is really sick, if there's a family emergency like a death, if you're going on a trip for a school-related activity, like a field trip or a sports event, if you have to go to court, or if it's a religious holiday, then it is okay to miss class. But if you need to miss for any other reason, you must ask the teacher first. They'll decide if it's okay or not. It's best to tell the teacher before you miss class, but if you cannot, make sure you tell them within a week after you're absent. And if you miss for a good reason, you will need to show proof, like a doctor's note or something similar.  Please see the [*Student Policy eHandbook*](http://www.auburn.edu/student_info/student_policies/) for more information on excused absences (<http://www.auburn.edu/student_info/student_policies/>).
     3. **Make-Up Policy**: Students, if you miss a big exam because you had a good reason and the teacher said it was okay, you need to talk to the teacher about making it up within a week after you're back in class. Usually, you'll take the make-up test within two weeks after you arrange it with the teacher, unless there's something unusual happening, like holidays or if you're still not back at school. But remember, you cannot take the make-up test in the last three days before the final exam. The make-up test will be online through Canvas.
     4. **Written Assignments**: Students, you need to be ready for your assignments using word processing software, like Microsoft Word, or other software that's right for the assignment, like PowerPoint for a poster project. Your work should be written correctly with good grammar, and without any spelling or typing mistakes. when you're writing, make sure you follow the rules in the latest edition of the American Psychological Association (APA) Publication Manual.
     5. **Disability Accommodations:** Students who need accommodations are asked to submit their approved accommodations through AU Access electronically and to arrange a meeting during office hours the first week of classes or as soon as possible if accommodations are needed immediately. To set up the meeting, please contact the instructor by e-mail. If you have not established accommodation through the Office of Accessibility but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).
     6. **Honesty Code:** Students, you must follow all the rules about honesty set by Auburn University, which you can find in the Student Policy eHandbook. If anyone breaks those rules, we must report it to the Office of the Provost. The Office of the Provost will have the final decision on what the next steps will be if you break the rules, which could include referring your case to the Academic Honesty Committee.
     7. **Course Contingency:** If something unexpected like illness, an emergency, or a crisis messes up normal class or lab plans, we might need to change things around so we can still finish the class. If that happens, you will be given a new plan and new assignments instead of the ones you had before.
     8. **Professionalism:** When teachers, staff, and students work together in school and the classroom, they should all act like professionals. That means they should:
   * Do their job in a responsible and fair way.
   * Work well with others and help others learn.
   * Respect and include people from all different backgrounds.
   * Show that they are curious and excited about learning and encourage others to be the same.
     1. **Notice of Non-Discrimination:** At Auburn University, we believe in diversity, fairness, and treating everyone with respect. We don't allow harassment or discrimination based on things like race, color, sexual orientation, gender identity, age, religion, national origin, disability, or veteran status. This means we treat everyone equally and do not judge them based on these things. If someone feels like they've been treated unfairly because of who they are, they can report it. We have a team called the Bias Education and Response Team (BERT) that helps students report these kinds of incidents and get support. They're here to make sure everyone feels safe and respected on campus A bias incident can be reported via the BERT website at: <https://cm.maxient.com/reportingform.php?AuburnUniv&layout_id=7>
3. **AI Policy:** In this course, it is expected that all submitted work is produced by the students themselves, whether individually or collaboratively. Students must not seek the assistance of Generative AI Tools like ChatGPT or Copilot. Use of a Generative AI Tool to complete an assignment constitutes academic dishonesty.
4. **Mental Health:** If you or someone you know needs help, reach out to Auburn Cares at 334-844-1305 or visit auburn.edu/auburncares. They can help you find the right support. Student Counseling & Psychological Services offers free, confidential mental health counseling and psychiatric services. You can talk to a counselor anytime by calling 334-844-5123. Learn more about mental health at auburn.edu/scps.
5. **Basic Needs:** Any student experiencing food insecurity or an unexpected financial crisis is encouraged to contact Auburn Cares at 334-844-1305 or www.auburn.edu/auburncares for resources and support.
6. **Sexual Misconduct Resources Statement**: Auburn University faculty are dedicated to helping our students and following gender fairness laws under Title IX. If you share with a faculty member about a problem like sexual misconduct, dating violence, or stalking, we must tell the Title IX Office. They can help you with filing a formal complaint, getting No-Contact Directives, and arranging supportive measures. Get more details at auburn.edu/titleix. If you need to talk in confidence, you can contact Safe Harbor (334-844-7233) or Student Counseling & Psychological Services (334-844-5123). Safe Harbor supports students who have faced sexual or relationship violence by linking them with academic, medical, mental health, and safety help. Learn more at auburn.edu/safeharbor.
7. **Plain Language**: This syllabus was converted to plain language by EAGLES Program staff. This allows for EAGLES Program students to better understand information being conveyed to them.