

VUSC 0011: Independent Living Skills

Independent Living Skills Independent Living Skills is designed to give students exposure and practice in a variety of skills to assist with becoming more independent adults while living on their own. Within this course, students will focus on a variety of independent living skills such as finding a place to live, , budgets, leasing agreements, roommates, safety, and the items/amenities needed for independent living. This course will be taught through the framework and lens of an Occupational Therapist, focusing on the whole person and accommodations or adjustments needed to successfully live on their own.

Credits: 1.9