

**GOLD Semester PACKAGE Life Skill Mentoring \$3,500 Sharing is Healing**



<b>Week of semester</b>	<b>Service provided</b>	<b>Sample goal/focus</b>
Move in day	Come see you/help	Welcome to campus
Day before classes begin	1-1	Walking tour of classroom locations for Monday, Wednesday and Friday schedule. Review material guide for 1st day of classes.
<b>Week 1</b>		
	day 1 of class 1-1	Walking tour of classrooms for Tuesday and Thursday schedule, materials all set
	day 2 of classes 1-1	Review the classroom walk times. Focus on calendar use, seek out CA and greet them together
	1-1	Walk on campus in general - safety, resources for assistance
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	Experience	Meal at Dining Hall or somewhere on campus using dining package- small talk- class conversation starters
<b>Week 2</b>		
Sunday	1-1	Schedule and detailed planning organization (meds/space...)
	1-1	Relaxation plan/self care plan/ set up. Therapy Assistance On line log in
	1-1	Biofeedback orientation session/use
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	1-1	Laundry
	Experience	Campus traditions- show and discuss Iowa State University traditions.
<b>Week 3</b>		
	1-1	Friendships & Relationships discussion
	1-1	Therapy Assistance Online- Work through one unit together
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-

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		one random things you noticed during the day that was new for you.
	Experience	To Be Determined
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-one random things you noticed during the day that was new for you.
<b>Week 4</b>		
Sunday	1-1	Schedule and detailed planning organization (meds/space...)
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-one random things you noticed during the day that was new for you.
	1-1	Dating & sexual health
	1-1	ISU history today
	Experience	To Be Determined
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-one random things you noticed during the day that was new for you.
<b>Week 5</b>		
Sunday	1-1	Schedule and detailed planning organization (meds/space...)
	1-1	Communication skills- Expressing preferences or likes Excusing oneself to use the restroom When, and with whom, it might be appropriate to start a conversation
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-one random things you noticed during the day that was new for you.
	Experience	To Be Determined
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-one random things you noticed during the day that was new for you.
<b>Week 6</b>		
Sunday	1-1	Schedule and detailed planning organization (meds/space...)

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	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	1-1	Expressing disappointment, frustration and anger- using anger management skills
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	Experience	To Be Determined
<b>Week 7</b>		
Sunday	1-1	Schedule and detailed planning organization (meds/space...)
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	1-1	Boundary setting
	Experience	To Be Determined
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
<b>Week 8 midterms</b>		
Sunday	1-1	Schedule and detailed planning organization (meds/space...)
	1-1	communication skills: Listening skills Obtaining help when necessary Level of response to others Eye contact during regular interaction Voice volume, tone, and tempo

	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	Experience	To Be Determined
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-

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		one random things you noticed during the day that was new for you.
<b>Week 9</b>		
Sunday	1-1	Schedule and detailed planning organization (meds/space...)
	1-1	Identifying and expressing emotions in social conversation format
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	Experience	To Be Determined
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
<b>Week 10</b>		
Sunday	1-1	Schedule and detailed planning & organization (meds/space...)
	1-1	Initiating social connection with peers
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	Experience	To Be Determined
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
<b>Week 11</b>		
Sunday	1-1	Schedule and detailed planning & organization (meds/space...)
	1-1	relationships- assertiveness/advocating
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	Experience	To Be Determined

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	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-one random things you noticed during the day that was new for you.
<b>Week 12</b>		
Sunday	1-1	Schedule and detailed planning & organization (meds/space...)
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-one random things you noticed during the day that was new for you.
	1-1	giving and receiving compliments - social skills conversations
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-one random things you noticed during the day that was new for you.
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-one random things you noticed during the day that was new for you.
<b>Week 13</b>		
Sunday	1-1	Schedule and detailed planning & organization (meds/space...)
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-one random things you noticed during the day that was new for you.
	1-1	Recognizing and interpreting social cues
	Experience	To Be Determined
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo-one random things you noticed during the day that was new for you.
Sunday	1-1	Schedule and detailed planning & organization (meds/space...)
<b>Week 14</b>		
Sunday	1-1	Schedule and detailed planning & organization (meds/space...)

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	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	1-1	Social expectations
	Experience	To Be Determined
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
<b>Week 15 prep</b>		
Sunday	1-1	Schedule and detailed planning & organization (meds/space...)
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	1-1	Planning for social connection/communication over break
	Experience	To Be Determined
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
<b>Week 16 finals</b>		
Sunday	1-1	Schedule and detailed planning & organization (meds/space...)
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	1-1	Self care and packing for winter break
	Check in	High/Low/Buffalo- High- Experience your liked for the day, Low- Experience you did not like for the day and Buffalo- one random things you noticed during the day that was new for you.
	1-1	social engagement over winter break
	1-1	break time planning

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- Experience Options
- Music Ensembles
- Choir Concerts
- Museums
- M-Shop at Memorial Union
- Lunch at Tea Room
- Coffee on campus
- Ames Farmers Market
- Cooking class at Cook’s Emporium
- Recreational services
- Campus Traditions
- Bowling at Memorial Union
- Billiards at Memorial Union
- Ice cream from Creamery
- Workspace at Memorial Union

type	# of services	standard cost per service	totals
1-1	40	\$40	1600
experiences	15	\$30	450
check in	31	\$15	465
reports communication	2 hours 15 min of report/communication with team members		70
			3,500

- ADD on Fees may include upon request and agreement-
- additional experiences
  - additional report/communication
  - additional check ins
  - additional 1-1 sessions