HEELS PREP

Interactive instruction and 1:1 coaching. Participants gain understanding of adult roles, rights, and responsibilities.

Addressing key skill-building areas:

- self-management
- life skills
- career development
- mental health
- community safety

Empowering participants to explore their interests and strengths, make choices, and pursue goals.

June 22-July 14th

Hybrid model- in-person and virtual

HEELS 2 Transition

Higher **E**ducation, **E**mployment, **L**iving **S**uccess

Strengths-based programs supporting individuals with ID/DD toward a self-determined adult life

H2T is an interdisciplinary collaboration

UNC's Department of Allied Health Sciences
UNC's School of Education
UNC Provost Office
UNC Summer School
TEACCH Autism Program
Carolina Institute for Developmental Disabilities
& Community partner, Kidpower NC

THE UNIVERSITY of NORTH CAROLINA at CHAPEL HILL

HEELS UP

An inclusive college opportunity, guided by a person-centered plan.

- One UNC Summer School course based on career and/or personal interests.
- Participation in social/recreational activities alongside other UNC students
- Peer coaching

June 20-July 21

Hybrid model- in-person and virtual

HEELS PREP

Eligibility

- Individuals interested in setting goals and building skills for their transition to adulthood.
- Must be 18-26 y/o with documentation indicating an intellectual disability

Application Timeline

- Round 1: Application goes live (January 5) and due February 5
- Round 2: Selected applicants notified and interviewed (Mid February)
- Round 3: Final admissions notification

Our Vision

To support individual and community capacities for inclusion through a strengths-based approach. We affirm the right of people of all abilities to lead lives of dignity, choice, and access to their desired participation in society.

For More Information,
email heels2transition@med.unc.edu

Or visit our website!

https://www.med.unc.edu/ahs/outreach/heels2transition/

HEELS UP

Eligibility

- Individuals seeking a well-rounded college experience that results in a certificate of completion (not a degree).
- Must be 18-26 y/o with documentation indicating an intellectual and/or developmental disability

Application Timeline

- Round 1 application goes live: January 5 and due February 5
- Round 2: Selected applicants notified and interviewed (End of February)
- Round 3: Application for UNC Summer School
- Round 4: Final admissions notification