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[www.mrc-mn.org](http://www.mrc-mn.org)



*Focus Forward* is designed to assist  
Individuals with diagnosed or suspected  
Fetal Alcohol Spectrum Disorders  
identify career and educational pathways.

This unique project, with funding from the MN Department of Health and the MN Organization on Fetal Alcohol Syndrome, offers 20 participants annually:

- Assistance, support and counseling from a Career Skills Navigator while participating in the project
- 80 hours of Career Compass skill exploration and development programming

**Course 1 Career Planning and Exploration**

**24 Hours Total – 8:00AM – 12:00PM, Monday – Friday**

- Develop an Individualized Learning Plan (ILP) to define interests and goals.
- Participate in three Corporate Visits – Meet with employers and tour facilities in high demand industries including healthcare, computer technology, office support and manufacturing. Evaluate corporate visit process.
- Assess transferrable work skills.
- Complete interest and aptitude assessments.

**Course 2 Educational Planning**

**36 Hours Total – 8:00AM – 1:00PM, Monday – Friday**

- Develop personalized program and school search plan to meet specific career track goals including visit to college campus.
- Learn about college application and registration processes, documents commonly required that accompany the application, required testing for entrance and pre-registration activity.
- Review general student and disability support services available both on/off campus.
- Study Microsoft Word 2010 Software, including using e-mail and calendaring.
- Enhance financial literacy skills and participate in time management activities.

**Course 3 Accuplacer Prep**

**20 Hours Total – 8:00AM – 12:00PM, Monday – Friday**

- Accuplacer Placement Test Overview
- Review Sentence Skills, Reading Comprehension, WritePlacer, Arithmetic, Elementary Algebra and College Mathematics
- Accuplacer Diagnostic assessments to identify skill levels in English and Math.
- My Foundations Lab software – training curriculum developed based on each individual's diagnostic test results. Students will also have access to My Foundations for 10 weeks following completion of the course.

**Classes located at 2438 27<sup>th</sup> Avenue South, Suite 100, Minneapolis**

- Following successful completion of Career Compass, participants may continue on to MRC's 60-hour, Workplace Essentials Training and/or placement with funding from Vocational Rehabilitation Services or other resources. The Career Skills Navigator will support all participants post placement to ensure job retention success.

For more information or to refer contact Lena Balk at 612-752-8138.

