

LONGWOOD LIFE

at Longwood University

A college experience for students with disabilities from high school to adulthood.

WHO WE ARE!

Longwood LIFE is a two-year non-degree post-secondary certificate day program for individuals with intellectual disabilities ages 18-25. Students gain skills for independent living in a college community setting with age-appropriate peers. Students have the opportunity to build a portfolio that documents experiences and progress towards program and personal goals.



A TYPICAL DAY (WEDNESDAYS/FRIDAYS)

- 9-10am Art/Consumer Math
- 10-11am Music/Dance/Theater
- 11:15am Lunch
- 12:30-1:30pm Social Skills/Novel Groups
- 1:30-2:30pm Vocational & Daily Living Skills/Healthy Relationships
- 2:30-5pm Job Sites/Fitness

PROGRAM FOCUS

- Social Skills
- Functional Academics
- Vocational Skills Training
- Daily Living Skills
- Health and Wellness
- Fine Arts
- Literature Studies
- Internship Applications



CAMPUS INVOLVEMENT

Students have opportunities to get involved in our Longwood University community through:

- Sporting events
- Music and theater performances
- Volunteer and community services
- Summer community engagement program with work-base learning focus

ON CAMPUS JOB TRAINING

Students participate in on-campus job training with Longwood undergraduate and graduate students who provide support as job coaches.

Locations include:

- Dorrill Dining Hall
- Longwood Fitness Center
- Andy Taylor Childcare Center
- Longwood Landscaping and Grounds
- Longwood Security Services
- Greenwood Library



CONTACT US!

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<https://www.longwood.edu/cehhs/about/longwood-life/>

