



MICC College Program COMPETENCIES

Through experiential learning and integration in the surrounding community, MICC students gain valuable experiences and begin to develop their own community within an ever-changing world setting. Students are assessed on their growth and mastery of skills over the course of the program, with a step-down approach to instruction, that prepares the students for a high level of independence upon graduation.

1 Social Engagement

- Leisure
- Personal Behavior Management
- Personal Network
- Personal Relationships
- Social Activities and Outings
- Stress and Anxiety Management

2 Homecare

- Homecare Cleaning
- Kitchen Safety
- Laundry
- Safety in the Home

3 Personal Supports

- Advocating and Accessing Supports
- Grooming and Hygiene
- Off-Campus Appointment Mgmt
- On-Campus Appointment Mgmt
- Money Management
- Personal Disability Awareness
- Sleep

4 Health & Wellness

- Eating
- Food Preparation
- Menu Planning
- Physical Fitness
- Grocery Shopping

5 Community

- Accessing the Community
- Community Navigation
- Financial Literacy
- Independent Travel
- Safety in the Community
- Public Transportation Utilization

6 Medication Management

- Medication Management
- Medication Use
- Medication Knowledge

*if applicable

Minnesota Independence College and Community

miccommunity.org | 612-869-4008