



Virtual HYPE Course: Content Outline

The information below describes the Virtual HYPE Course, being offered in Spring and Summer 2020. See p. 2 for the Course Schedule.

- **Description:** Helping Youth on the Path to Employment (HYPE) offers career-oriented classes, online, to help young adults with mental health conditions in:
 - Finding out what you want to do
 - Prep for getting a job
 - Prep for enrolling in or succeeding in school
 - Getting organized for school and work
- **3 Courses:**
 - Career Decision-Making (6 weeks)
 - HYPE Work Prep (7 weeks)
 - HYPE School Prep (6 weeks)
- **Eligibility:** Young adults (18-30) with lived experience of a mental health condition who are interested in pursuing school and work goals are invited to participate!
- **When:** Courses will be offered throughout the Spring and Summer of 2020, at different days and times. See our Course Schedule (next page) for more about dates and times!
- **Location:** Young adults participate from the comfort of their own homes. They will have the opportunity to meet other young adults from around the state via video chat during course sessions.
- **Additional Support:** Each participant will have the opportunity to participate in a 1-hour individual session with course instructors during the course.
- **Registration:** To register for one or all of the HYPE Virtual Courses for Spring and Summer 2020, register online or contact us! Courses are limited to 12 participants per session, so sign up early.
 - Complete our Online Registration Form! <https://tinyurl.com/hypecourse20>
 - Email us at: HYPE@umassmed.edu
 - Questions? Text or Call Debbie at: 774-312-6905



HYPE Course Schedule Spring/Summer 2020

The schedule below details the 3 courses, dates and times, and topics covered. HYPE Virtual Courses will be held online, through video conferencing (Zoom) for up to 1.5 hours per week. Participants may take one course, two, or all 3!



	CAREER DECISIONS	HYPE WORK PREP	HYPE SCHOOL PREP
OFFERING #1:	Wednesdays 12:30-2:00 May 13 – June 17	Wednesdays 3:00-4:30 May 27 – July 1	Fridays 2:00-3:30 June 12 – July 24 (no class July 3)
OFFERING #2	Wednesdays 12:30-2:00 June 24 – July 29	Wednesdays 3:00-4:30 July 8 – August 19	Fridays 2:00-3:30 July 31 – September 4

HYPE Course Outline

HYPE Course Name	Course Session	Range of Topics Covered
Career Decision-Making (6 weeks)	Orientation	Course overview and Getting to Know Each Other
	Session 1	Vocational Interests
	Session 2	Choosing a Direction: The Self-Directed Search
	Session 3	Personal Criteria and Researching Career Options
	Session 4	Exploring Your Talents in the Gig Economy
	Session 5	Deciding our Career Paths
HYPE Work Prep (7 weeks)	Orientation	Course overview and Getting to Know Each Other
	Session 1	Choosing the Type of Job for You: the Self-Directed Search
	Session 2	Networking and the “Elevator Pitch”
	Session 3	Exploring Your Talents in the Gig Economy
	Session 4	Interviewing Prep: Preparing for the Common Questions
	Session 5	Disclosure of a Disability and Accommodations
	Session 6	Getting Organized for Work
HYPE School Prep (6 weeks)	Orientation	Course overview and Getting to Know Each Other
	Session 1	Choosing a Career Direction for School
	Session 2	Choosing a School/Program
	Session 3	Applying for School: the Ins and Outs
	Session 4	Disability Services and School Accommodations
	Session 5	Getting Organized for School



Contact us! HYPE@umassmed.edu
Register! <https://tinyurl.com/hypecourse20>

Virtual HYPE Courses 2020