

Integrated College and Community Studies (ICCS)

To register for courses and see a real-time listing of classes and sections offered, view the add/drop system (<https://userve.uvu.edu/StudentRegistrationSsb/ssb/term/termSelection/?mode=search>).

ICCS 1010. Self Determination I. (2 Credits)

Introduces self-management and self-determination skills contributing to personal effectiveness in the workplace, academic environments, and independent living. Addresses understanding of differences among people, disability disclosure, expressing preferences, making informed choices, goal setting, and self-advocacy.

ICCS 1020. Living and Working in the Community I. (2 Credits)

Provides instruction in the development of independent living skills including identifying and evaluating housing options, care and maintenance of a home, meal planning, and household budgets. Develops skills for navigating the community and accessing resources.

ICCS 1030. Social Skills, Sexuality, and Mature Relationships. (2 Credits)

Addresses the development of social skills to support adult friendships and intimate relationships. Includes an analysis of contextual variables affecting social skills, understanding of the boundaries of various adult relationships, and appropriate behavior in intimate relationships. Introduces the critical concepts of consent, and safety in relationships.

ICCS 1100R. Career Development I. (1-3 Credits)

Corequisite(s): ICCS 1200R

Explores career options through the use of videos, printed material, and personal contact with professionals and vocational experts. Focuses on equipping students with skills and information used for job hunting, resume preparation, job applications, and interviewing. May be repeated for a maximum of 9 credits toward graduation.

ICCS 1200R. Career Development Practicum I. (1-3 Credits)

Engages in a variety of internship/practicum experiences of varying lengths to identify personal strengths and abilities and the possible career paths that match these skills. Identifies areas for personal development to increase career options and promote employment success. May be repeated for a maximum of 9 credits toward graduation.

ICCS 2010. Self Determination II. (2 Credits)

Focuses on the application of self-determination to everyday challenges. Introduces the application of personal goal setting and self-advocacy to achieve career and independent living goals. Supports the development of self-awareness and self-reflection as tools to move toward individual goals.

ICCS 2020. Living and Working in the Community II. (1 Credit)

Explores the wide variety of community supports and services available for living and working independently. Identifies necessary supports such as banking, healthcare, government agencies, businesses, and recreational options in the local community and teaches appropriate communication and social skills to demonstrate the ability to access necessary services and supports.

ICCS 2030. Problem Solving for Adulthood. (2 Credits)

Introduces the social problem-solving framework. Explores application of the framework to problems common to living and working independently, including problems in relationships, issues that arise in the workplace, and problems associated with living independently in the community. Teaches problem-solving skills to help make appropriate choices in challenging situations such as interpersonal conflict, personal safety, and coercive interactions.

ICCS 2100R. Career Development II. (1-3 Credits)

Corequisite(s): ICCS 2200R

Provides instruction in the skills necessary for maintaining employment such as communicating effectively with supervisors, interacting appropriately with others in the workplace, advocating for personal needs/supports, performing necessary duties, and giving and receiving feedback. Teaches the application of problem-solving skills to maintain employment. May be repeated for a maximum of 9 credits toward graduation.

ICCS 2200R. Career Development Practicum II. (1-3 Credits)

Provides internship/practicum experiences on campus and in the community. Teaches social, communication, and self-advocacy skills to promote success in the workplace. Supports interaction with supervisors and co-workers in a positive and productive manner to maintain relationships and enhance job performance. Teaches strategies to build relationships and contacts for the future while developing marketable skills. May be repeated for a maximum of 9 credits toward graduation.