



Adulthood Module

A new module exploring the process affectionately known as “adulthood.”

3LPlace Developmental Specialists Andrew Haan and Rachel Steinberg lead this participant-driven exploration into what it means to be an adult and how to go about doing it. They do so with a broad focus on how to establish both a morning and evening routine.

Description

This module is spread across an eight-week period, two sessions per week, for two hours at a time. Session by session, we look at a wide array of aspects that encompass a daily routine, including but not limited to:

- Creating a daily schedule (alarms, reminders, etc.)
- Bathroom routine: Tooth-brushing, showering, shaving, etc.
- Meal-prepping: Finding recipes, gathering ingredients, putting the meal/snack together, and cleaning-up
- Monitoring and managing screen time, etc.

The structure of this module is similar from week to week, as we alternate the focus from evening to morning routines, considering the specifics and skills that fall within each time of day. The participants themselves largely decide which skills we look at up close.

Participants engage in tracking a particular adulthood skill each week as we create and build routine checklists. Learning continues both in and out of the virtual classroom, with a level of accountability and collaboration for each participant to begin establishing helpful and meaningful routines. During the first week, we set aside time to generate ideas and a wishlist for adulthood information, and then tailor the module towards the most relevant and requested skills.

The last half hour of each session will cover stress management, which represents an important part of being an adult. “Adulthood” can be exhausting and challenging as well as rewarding, so we’ll provide strategies for the tougher times.

Outcome

All participants leave with a sustainable morning and evening checklist, and, hopefully, the sense that having a daily routine they manage on their own pays back the time, energy, and effort it took to create.

Logistics

“Adulthood” runs remotely on Zoom for eight weeks, twice a week, for two hours at a time from 5 to 7 p.m. on Monday and Thursday, beginning on Jan. 25, 2021. Please fill out the linked registration form. If you wish us to mail you a registration form or have other questions please email info@3lplace.org, or call us at 617-764-3280. The cost for the eight week module is \$1,120; class size will be limited to eight participants.