

25-26 Academic Courses for Neurodiversity Navigators program

Space is limited – begin your application in January!



Neurodiversity Navigators

Self-identified Neurodivergent students have educational opportunities for strengths-based identity development in *Neurodivergent Culture, Self-Advocacy, Self-Regulation, Social Interaction, and Executive Functioning*, increasing personal ability to succeed in academics, campus services, and community and career options. Program courses are taken alongside the student's chosen degree program and often count towards that degree.

Note. EXPRL 170 & 171 combine as an equivalent to BC's required College Success Course.

Summer Introduction: Chart Your Course – 2 credits

Summer EXPRL 170 Chart Your Course: Equips students to thrive in academia by exploring campus and program resources; mapping out their professional, educational, financial, wellness, and social goals; and developing professional and academic skills alongside personal wellness practices. This four week, 22-hour Summer Course provides college credit and **is required for participation in Neurodiversity Navigators**. (Approximately mid-July – mid-August)

First Year: Identity Development & Personal Strengths for College and Career

Fall EXPRL 171 Exploring Neurodivergent Identity and Culture: Explore neurodivergence as a distinct cultural identity, delving into the historical, social, and cultural contexts that shape the experiences of neurodivergent individuals. Identify and articulate how neurodivergence is perceived by individuals and society, examining the implications of these perceptions on self-identity, communication, and community. Finally, critically examine the relationship between history, culture, and the expectations surrounding neurodivergent identities, reflecting on how these factors impact personal and communal experiences. 3 credits

Winter EXPRL 181 Self & Community Advocacy: Presents concepts and skills related to self-advocacy. Students learn to identify when, where, how and to whom to advocate. Students discuss current community and personal events, and the impact this has on their lives and work. 2 credits

Spring EXPRL 182 Executive Functioning in the Workplace: Includes exploration of planning, organizing, strategizing, paying attention to and remembering details, and managing time and space. Learn to identify and use strengths to obtain real-life success at school, work and in relationships. Gain a deeper understanding of how one's executive functioning profile can be an asset in certain tasks and types of work. 2 credits (Students have the option to take this class as an Interdisciplinary Course connected with [PSYCH 109 Positive Psychology](#) for a total of 7 credits.)

Second Year: Skills and Character Strengths for Career Focus

Fall EXPRL 280 Strengths-Based Career & Life Planning: Provides students with a framework to identify and articulate strengths, with a focus on vocation, avocation, and connecting interests to long-term goals. Students create concrete plans for reaching aspirations. 3 credits

Winter EXPRL 281 Connecting with Community: Discover communities both social and career-oriented that you belong to or would like to join. Learn different ways of safely connecting with communities and meeting people in them. Build and maintain your community identities and reputation and learn how those identities support you in achieving your goals. 2 credits

Spring CMST 210 Interpersonal Communication: Focuses on effective interpersonal communication in relationships through lecture, class discussion, and activities. Topics addressed include culture, language, nonverbal communication, listening, perception, and conflict management. 5 credits (recommended prerequisite ENG 101) OR

EXPRL 197 The Strengths Advantage: Launching Your Career: For students ready to move into internships or jobs; this course brings together your strengths from all areas and supports you to be ready to show your best self to prospective employers and others. 3 credits

Contact: asn@bellevuecollege.edu, 425.564.2764 Web: www.bellevuecollege.edu/autismspectrumnavigators/

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