

MERISTEM

A Typical Weekday at Meristem

Day Program

Students who live off-campus join us weekdays between 8:30 AM-3:30 PM. Their schedule is co-created with their Student Advisor to select classes that provide opportunities to meet the goals they have set for themselves.

Independent Living Program

Independent Living Program students participate in the Day Program schedule and immerse themselves in Independent Living instruction throughout the evenings and weekends.



8:00 AM	Breakfast For many students, a day at Meristem begins with a nutritious breakfast at our on-campus Cafe, with healthy food options prepared for and by students.
8:30 AM	Morning Circle Students set their intentions, share announcements and hear an inspirational quote.
8:40 - 10:30 AM	Class Session 1
10:30 - 10:45 AM	Break
10:45 AM - 12:45 PM	Class Session 2
12:45 - 1:30 PM	Lunch Students and staff sit together and enjoy healthy food prepared by the culinary arts students.
1:30 - 3:20 PM	Class Session 3
3:20 - 3:30 PM	Closing Circle Students reflect on what they've learned, share obstacles they've overcome and celebrate successes. After Closing Circle, our Day Program students leave campus.
3:30 - 4:30 PM	Break Independent Living Program students use this time to relax and socialize.
4:30 - 9:00 PM	Independent Living Students spend their evenings developing healthy habits around food and self-care, and learning how to structure their free time. Independent Living instructors support them in these efforts. The standard evening routine focuses on executive functioning skills and activities of daily living such as: <ul style="list-style-type: none"> • Meal planning • Bulk food shopping • Cooking and dining • Chores/cleaning • Personal hygiene • Student-led social activities <p>Quiet Hours: Dorm quiet hours are 9:00 pm - 7:00 am, Sunday through Thursday, and 10:00 pm - 8:00 am on Fridays and Saturdays.</p>