

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 Coordinator 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.



8:30 – 8:45 AM	Morning Circle Students set their intentions, share announcements and an inspirational quote.
8:50 - 10:40 AM	Class Session 1
10:40 – 11:00 AM	Break A healthy snack is often provided by the Culinary Arts students.
11:00 AM - 12:50 PM	Class Session 2
12:50 - 1:40 PM	Lunch Students bring a lunch or they may eat lunch in their dorm if they live on campus.
1:40 - 3:30 PM	Class Session 3
3:30 - 4:30 PM	Break Independent Living Program (dorm) students use this time to relax and socialize. Day Program students head home.
4:30 - 9:00 PM	<p>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:</p> <ul style="list-style-type: none"> • Meal planning • Bulk food shopping • Cooking and dining • Chores/cleaning • Personal hygiene • Student-led social activities <p><u>Dorm Quiet Hours</u></p> <ul style="list-style-type: none"> • Sunday – Thursday from 9:00 PM - 7:00 AM • Fridays and Saturdays from 10:00 PM - 8:00 AM