

# MERISTEM

## A Typical Weekday at Meristem

### Day Program

Students who live off-campus join us weekdays between 8:30 AM - 3:30 or 5:00 PM, if they are enrolled in the optional Session 4. 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 Skills

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



<b>8:30 AM</b>	<b>Morning Gathering</b> Students set their intentions, share announcements and hear an inspirational quote.
<b>9:00 - 10:30 AM</b>	<b>Class Session 1</b>
<b>10:30 - 11:00 AM</b>	<b>Break/ Snack</b>
<b>11:00 AM - 12:30 PM</b>	<b>Class Session 2</b>
<b>12:30 - 1:30 PM</b>	<b>Lunch</b> Students and staff sit together and enjoy healthy food prepared by the culinary arts students.
<b>1:30 - 3:00 PM</b>	<b>Class Session 3</b>
<b>3:00 - 3:30 PM</b>	<b>Afternoon Gathering</b> Students discuss the day, share announcements from the day and set intentions for the evening and following day.
<b>3:30 - 5:00 PM</b>	<b>Optional Class Session 4</b>
<b>3:30/5:00 - 10:00 PM</b>	<b>Independent Living</b> 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"><li>• Meal planning</li><li>• Bulk food shopping</li><li>• Cooking and dining</li><li>• Chores/cleaning</li><li>• Personal hygiene</li><li>• Student-led social activities</li></ul> <b>Quiet Hours:</b> Dorm quiet hours are 9:00 pm - 7:00 am, Sunday through Thursday, and 10:00 pm - 8:00 am on Fridays and Saturdays.