

# UI REACH

## Director

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**Faculty:** <https://education.uiowa.edu/directory>

**Website:** <https://education.uiowa.edu/reach>

## Courses

### UI REACH Courses

- REA:0010 Social Skills I** **1-2 s.h.**  
Basic interpersonal skills needed to succeed in academic, social, and employment environments; structured learning process for gaining discrete social skills necessary to initiate and maintain conversations in a variety of settings; awareness of feelings and cues in conversation to respond appropriately and have successful reciprocal interactions; lectures, modeling, role play, and practice in the community.
- REA:0020 Computers and Technology I** **1-2 s.h.**  
Training in computer literacy and practical skills for computer use in everyday life; computer parts and functions, the Windows operating system, computer applications; use of the personal computer to improve personal, academic and workplace productivity; group discussion, demonstrations, and multimedia experience support diverse learning styles.
- REA:0030 Health and Wellness I - Exploration** **2 s.h.**  
Importance of health and wellness, personal relationships, sexuality and making healthy choices; overview of health and wellness topics college students face—nutrition, substance use, risky behaviors, personal relationships, sexual health, mental health.
- REA:0031 Health and Wellness II - Healthy Lifestyles** **2 s.h.**  
Health and wellness personalized for students; help in assessing individual health and wellness decisions and behaviors to improve current and long-term health and wellness; small group discussion, individual assessments, real-life exploration, interactions with health educators, one-on-one student support; second in a series.
- REA:0040 Personal Finance** **1-2 s.h.**  
Skills and strategies needed for managing personal finances and making informed spending decisions; initial focus on strategies for use while on a college campus and a larger goal of lifelong application; topics include budgeting, forms of payment, ATM use and etiquette, protecting yourself from financial fraud, differentiating needs and wants, comparison shopping, understanding discounts, tipping, and other personal finance topics needed for managing financial decisions while living independently.
- REA:0041 Personal Finance and Math II** **1-2 s.h.**  
Skills and knowledge needed for managing personal finances; banking, budgeting, insurance, how to be a good consumer; students plan for their financial future by studying paycheck information, actual income, and tax responsibility; research on independent living costs; second in a series.
- REA:0045 Lifetime Literacy** **1-3 s.h.**  
Students build writing and reading comprehension skills through text analysis and critical thinking; reading current events articles to construct argumentative and informational writing pieces; use of claim, evidence, and reasoning process to develop organized writing abilities.
- REA:0050 Reading Strategies** **2 s.h.**  
Building comprehension strategies and lifelong reading skills; using a novel to develop essential comprehension skills (e.g., summarizing, main ideas, prediction, inference, theme, sequencing); reading for enjoyment while sharpening skills that can be applied in broad reading applications.
- REA:0062 Social Skills II** **2 s.h.**  
Continuation of REA:0010; more advanced relationship skills that require self-regulation; self-awareness; applying skills for communicating under stress; structured learning process including repetitive practice and modeling as key components.
- REA:0065 Independent Living Lab** **0-1 s.h.**  
Development of independent living skills through a blended model of instruction and applied living in real-life settings; managing a living space independently; living in a shared room and community space; skill-building to manage cleaning, organization, and laundry independently.
- REA:0070 College Foundations** **1-2 s.h.**  
Preparation for successful transition to college with a focus on technology skills, personal finance, and academic literacy; digital skills needed for college success, including managing schedules, organizing assignments, communicating with instructors, and navigating campus learning platforms while exploring assistive technologies that support independence; introduction to budgeting, smart spending, and fraud awareness; strengthening academic literacy by accessing college texts, identifying key information, and producing organized written responses while exploring campus resources and strategies to support independent living.
- REA:0072 College Foundations II** **2 s.h.**  
Deepen students' academic and personal skills; with an emphasis on applied learning, students practice personal finance strategies, strengthen reading and study habits, and apply their knowledge in real college contexts to promote greater independence and success. Prerequisites: REA:0070.
- REA:0073 College Foundations III** **2 s.h.**  
Prepares students for increased independence in college and life after graduation; students apply academic and life skills in real-world settings while exploring transition planning, career readiness, and strategies for long-term personal and professional growth.
- REA:0074 Household Management II** **2-4 s.h.**  
Continuation of REA:0075; preparation for independent apartment living; experiential training, assessment to determine support needs; apartment living, personal care, value shopping and budgeting, preparing meals, successful community living.
- REA:0075 Household Management I** **1-4 s.h.**  
Independent living skills introduced in the life skills and health and wellness courses; hands-on experience in room care, clothing care, food/kitchen safety, meal planning and nutrition, food preparation, simple recipes, grocery shopping, event planning.
- REA:0100 Career Exploration** **2 s.h.**  
Opportunity to explore, enhance, or broaden work interests, skills, and potential career opportunities; interest inventories, review of vocational experiences, interactive employer presentations, informational interviews, job site experiences; focus on self-assessment of one's individual vocational strengths.

<b>REA:0101 Job Search Strategies</b>	<b>2 s.h.</b>	<b>REA:0215 Advanced Customer Service</b>	<b>1 s.h.</b>
Fundamental skills for finding employment; creating a résumé, techniques for interviewing and networking, essentials for disclosure and workplace accommodations.		Builds on previously learned customer service concepts with application to a wide range of careers; communication techniques through various modes, technology used in customer service, guest speakers, skill development, managing difficult customer situations, and other essential customer service skills.	
<b>REA:0103 Job Search Strategies II</b>	<b>1 s.h.</b>	<b>REA:0220 Digital Citizenship</b>	<b>1 s.h.</b>
Continuation of REA:0101; students update résumés and references; further development of interview skills with emphasis on self-advocacy and advancement in the workplace.		Making informed choices regarding media and technology in a digital age; exploration of media balance and well-being, online communication and relationships, privacy and security, and the impact of a digital footprint; responsible decision-making and communication methods in an online world.	
<b>REA:0110 Entrepreneurism</b>	<b>1 s.h.</b>	<b>REA:0250 Academics and Life Skills Exploration I</b>	<b>1-3 s.h.</b>
Characteristics, advantages, and disadvantages of self-employment; basic aspects of forming a business; marketing; acquiring start-up funding and other resources; financial obligations and monitoring of funds required for a successful business; writing a business plan.		Expand basic academic and/or life skills with discovery, experiential learning, progress monitoring, and self-reflection; focus on strengthening foundational skills in practical academics and life skills; first of a two-part series.	
<b>REA:0200 Business Support Seminar</b>	<b>1 s.h.</b>	<b>REA:0300 Internship Prep</b>	<b>arr.</b>
Aspects of careers in business support; office procedures, word processing skills, oral and written communication, records management, business terminology.		Introduction to workplace readiness skills, job expectations, and workplace environments; participation in job shadowing, creating professional résumés, and use of career assessments and person-centered goals to identify a career path or area of interest.	
<b>REA:0202 Education Career Seminar</b>	<b>1 s.h.</b>	<b>REA:0301 Internship Experience</b>	<b>arr.</b>
Aspects of careers in education; additional training typically required for careers in education, child/student needs, lesson planning.		Internship experience leading to increased independence in the workplace (e.g., more independent operation of equipment, socialization, workplace safety, problem solving, conflict management); opportunity to acquire additional workplace skills in the student's career emphasis area; employers and mentors guide students in fulfilling their job responsibilities; students maintain a journal and discuss their experience with their advisor or instructor; second of three consecutive internships.	
<b>REA:0204 Health and Human Services Seminar</b>	<b>1 s.h.</b>	<b>REA:0302 Internship III</b>	<b>arr.</b>
Aspects of careers in hospitality and human services sectors; customer service skills, communication etiquette, and interpersonal relationships; industry outlook, terminology, and field experiences.		Internship experience with opportunities to develop more advanced skills for independent communication, problem solving, and workplace performance in the student's career emphasis area; employers and mentors observe the student in the workplace; students maintain a journal and discuss their experience with their advisor or instructor; third of three consecutive internships.	
<b>REA:0207 Marketing/Sales Seminar</b>	<b>1 s.h.</b>	<b>REA:0303 Internship Group</b>	<b>arr.</b>
Aspects of careers in marketing and sales; customer service skills, use of retail equipment, marketing techniques and the importance of product appearance, pricing and advertising, vocabulary used in a retail sales environment.		Individualized community work experiences with periodic classroom seminars; building independent work skills, such as researching bus routes and emailing weekly journals; students, instructors, and employers evaluate student's work performance.	
<b>REA:0208 Parks and Natural Resources Seminar</b>	<b>1 s.h.</b>	<b>REA:0304 Internship V</b>	<b>arr.</b>
Aspects of careers in parks and natural resources management; operation and maintenance of equipment, safety procedures, customer service skills, typical vocabulary for positions involving care and management of shrubs, trees, flowers, and turf.		Continuation of REA:0303; community work experiences with periodic classroom seminars; emphasis on work skills in student's career area of choice; soft skills needed to be an independent worker.	
<b>REA:0209 Skilled Trades Seminar</b>	<b>1 s.h.</b>	<b>REA:0305 Career Capstone</b>	<b>arr.</b>
Aspects of careers in the skilled trades; occupational skill standards in specific skilled trades, apprenticeships or advanced training required, safety in the workplace, vocabulary typical for specific skilled-trade work environments.		Application of knowledge and skills developed during college experience in a hands-on, experiential format. Integration of external learning experiences and activities including interviews, job fairs, networking, career advancement opportunities, and related seminars. Individual or small group experiences include seminars, independent study, and/or service projects. Requirements: UI REACH fourth-year enrollment.	
<b>REA:0210 Information/Technology Seminar</b>	<b>1 s.h.</b>		
Aspects of careers in information technology; occupational skill requirements and standards, knowledge of typical equipment employees must operate, safety in the workplace, typical vocabulary for information technology work environments.			
<b>REA:0211 Hospitality and Food Service Seminar</b>	<b>1 s.h.</b>		
Different types of careers in the food industry; workplace skills and tasks; continuing training and education options; equipment and food safety; basic preparation steps, food presentation, place settings; field trips. Requirements: enrollment in UI REACH program.			
<b>REA:0213 Recreation Seminar</b>	<b>1 s.h.</b>		
Aspects of careers in recreation, training and education requirements, tasks at work, and job prospects.			

**REA:0306 Work Ready Seminar: Applied Job Skills arr.**

Supported and structured seminar experience to build students' job search, interview, and workplace skills through an independent work experience on campus; students will apply for paid jobs and work a minimum of 15 hours within the 8-week course; students will specifically receive support with updating or creating resumes/references, completing applications, communications with employers, human resources meetings, and completing trainings or compliance.

**REA:0501 Special Topics arr.**

Topics include leisure resources, current events, science, family life, consumerism, community involvement, self-determination, self-advocacy, leadership, assistive technology, mentoring; course assignments, instruction, and student assessment in classroom and/or community settings; may be required or elective course.

**REA:1310 WorkKeys Lab 1-2 s.h.**

Students build essential career-related skills using curriculum that is aligned with ACT WorkKeys National Career Readiness Certificate (NCRC) assessments; topics include reading for information and applied math skills. WorkKeys is a registered trademark of ACT, Inc.