

**GoodSTART - Stong Transitions and Real Transformations  
(WIOA Youth Cohorts)**

Week 1	8:30a-8:45a	Welcome and Intros	Motivations	Motivations	Motivations	Motivations
	8:45a - 11:30a	New Directions Expectations The Big Picture Going for Goals Paperwork and Questions	CNA Policies and Procedures, Nurse Aide as a Member of the Healthcare Team, The Long-Term Care Facility	New Directions Going for Goals Transferable Skills	CNA Resident Rights, The Long-Term Care Resident, Resident with a Developmental Disability, Depression and other Mental Health Conditions	New Directions Types of Wellness Coping with Stress Communication is Key (non-verbal)
	12:00p - 3:30p	Customer Service		Customer Service		Customer Service
Week 2	8:30a-8:45a	Motivations	Motivations	Motivations	Motivations	Motivations
	8:45a - 11:30a	New Directions Communication is Key (verbal) Be a Pro! Networking	CNA Safety and Emergency Procedures, Resident with a Cognitive Impairment, Human Interaction	New Directions Job Search Resumes	CNA Infection Control, Resident with a Communicable Disease	New Directions The Internet and You Interviews
	12:00p - 3:30p	Customer Service		Customer Service		Customer Service
Week 3	8:30a-8:45a	Motivations	Motivations	Motivations	Motivations	Motivations
	8:45a - 11:30a	CNA Resident Assessment - Measure Vital Signs & Collecting Specimens, Care of the Resident Environment, Introduction to Personal Care, Oral Care	New Directions Financial Security STAR Method	CNA Lab Skills	New Directions Interview Do's and Don'ts STAR Stories Good and Bad Talk about your Resume Thank you Letters Cover Letters References	New Directions 90 Day Retention Applications
	12:00p - 3:30p		Customer Service			Customer Service
Week 4	8:30a-8:45a	Motivations	Motivations	Motivations	Motivations	Motivations
	8:45a - 11:30a	CNA Skin Care, Hand Care and Foot Care, Hair Care and Shaving, Perineal Care, Bathing, Dressing and Appearance	CNA Lab Skills	CNA Positioning and Transferring a Resident, Restring Reduction, Elimination, and Appropriate Use, Restorative Care	CNA Lab Skills	CNA Meeting Nutrition and Hydration Needs, Elimination, Measuring Height and Weight, Death and Dying
	12:00p - 3:30p					
Week 5	8:30a - 3:30p / 7a - 3:30p clinical	Motivations	Motivations	CNA Clinical	CNA Clinical	CNA Clinical
		CNA Lab Skills	CNA CPR / BLS Clinical Orientation			
Week 6	8:30a - 3:30p / 7a - 3:30p clinical	CNA Clinical	CNA Clinical	CNA Clinical	CNA Clinical	Motivations Final Paperwork
						Celebration