

Course Summary for the Molloy Opportunity for Successful Transition (MOST) Program

Year One

Fall

MOST 1: Finance and Budgeting 1:

This inquiry-based course introduces students to essential financial concepts and supports them in developing the skills needed to make informed decisions about earning, spending, and saving money. Through discussion, interactive activities, and real-world application, students explore the difference between needs and wants, identify personal spending values and priorities, understand income and basic money management, and develop SMART financial goals. Students build a strong foundation in financial decision-making while developing the confidence needed to manage their money responsibly.

MOST 1: Literacy: Assessing Source Credibility

This inquiry-based course introduces students to the skills needed to become thoughtful and informed consumers of information. Through real-world examples and interactive activities, students explore different forms of media and begin distinguishing between reliable and unreliable sources. Students learn to consider where information comes from, how it may influence their decisions, and why credibility matters when making personal choices. Students also apply these skills when exploring employment opportunities, community resources, and areas of personal interest.

Spring

MOST 1: Finance and Budgeting 2

Building upon foundational financial concepts, this inquiry-based course provides students with opportunities to apply money-management skills to real-world situations. Through guided activities and practical application, students learn to track expenses, explore saving strategies, develop and maintain a personal budget, and apply SMART goals to financial planning. Students practice making spending decisions based on income, needs, wants, and personal priorities while learning to adjust their budgets as

circumstances change. Through these experiences, students strengthen the skills and confidence needed to work toward greater financial independence.

MOST 1: Literacy: Vetting Sources

Building upon students' understanding of source credibility, this inquiry-based course teaches students how to more closely evaluate the information they encounter. Through real-world examples from social media, advertisements, articles, and digital content, students examine where information comes from, who created it, why it was created, and whether it can be trusted. Students explore fact versus opinion, author credentials and purpose, bias, perspective, and intended audience while using strategies such as the C.R.A.A.P. test to evaluate credibility. Students practice fact-checking, corroborating information, recognizing misleading content, and making informed decisions before believing or sharing information.

Year Two

Fall

MOST 2: Careers and Employment: Exploring the “Work World”

This inquiry-based course supports students in developing the self-awareness and confidence needed to begin exploring the world of work. Through self-evaluation, discussion, and real-world application, students identify their individual strengths, qualities, learning styles, and thinking styles while considering how these characteristics relate to career and community readiness. Students practice career mapping, goal setting, informed decision-making, and problem-solving while exploring how social media may influence career planning and professional choices. Through these experiences, students begin connecting who they are with where they may want to go.

MOST 2: Literacy: Who am I?

This inquiry-based course encourages students to develop a deeper understanding of who they are, how they learn, and what makes them unique. Through literature, reflection, discussion, and interactive activities, students explore their interests, affinities, values, and character traits. Students develop a growth mindset by learning to “fail well” and recognize mistakes and challenges as meaningful parts of learning and personal growth. Through these experiences, students strengthen their self-awareness while beginning to

identify what motivates them, what matters to them, and what gives them a sense of purpose.

Spring

MOST 2: Careers and Employment: Succeeding in the Workplace

Building upon students' exploration of the work world, this inquiry-based course develops the practical skills needed to successfully navigate professional environments. Through hands-on activities and real-world practice, students strengthen skills in self-advocacy, resume development, interviewing, networking, personal branding, and workplace success. Students practice creating professional introductions, tailoring resumes to employment opportunities, navigating interviews, building professional relationships, and communicating personal and professional goals. Through these experiences, students connect their strengths and interests with actionable career goals while developing greater confidence and independence.

MOST 2: Literacy: Harnessing Personal Strengths

Building upon students' developing self-awareness, this inquiry-based course helps students recognize and intentionally use their character strengths to navigate challenges and pursue meaningful goals. Through literature, reflection, discussion, and practical application, students explore hope, grit, resilience, and self-belief while learning how to maintain confidence when faced with obstacles. Students practice identifying, strengthening, managing, and applying their personal strengths across learning, relationships, work, and everyday life. Through these experiences, students learn to harness what makes them unique as they work toward a fulfilling and rewarding future.

Year Three

Fall

MOST 3: Careers and Employment: Influencing Through Communication and Collaboration in the Workplace

This inquiry-based course introduces students to the principles of Dale Carnegie while strengthening the interpersonal skills needed for successful workplace and community experiences. Through discussion, role-play, videos, writing, presentations, and authentic

fieldwork activities, students explore leadership, communication, relationship-building, persuasion, empathy, gratitude, and positive influence. Students practice applying these principles to their personal lives, educational experiences, fieldwork settings, and future employment. Through these experiences, students develop the confidence and skills needed to communicate effectively, build meaningful relationships, demonstrate leadership, and positively influence others.

MOST 3: Literacy: Exploring Strengths and Overcoming Bias: Building a Resilient Identity

This inquiry-based course supports students in developing a resilient identity grounded in an understanding of their individual strengths. Through literature, media, real-world examples, discussion, and collaborative activities, students explore character strengths, affinities, negativity bias, SMART strengths, and the potential “shadow side” of personal strengths. Students learn to identify, manage, and intentionally apply their strengths while recognizing how individual differences can contribute to collaboration and problem-solving. Through these experiences, students strengthen self-awareness, self-advocacy, resilience, and appreciation for the unique strengths of others.

Spring

MOST 3: Careers and Employment: Philosophy Through Practice

Building upon the interpersonal and leadership foundations developed during the fall semester, this inquiry-based course challenges students to apply these skills to their professional identities, workplace experiences, and communities. Through role-play, reflection, presentations, interviews, professional writing, and authentic application, students explore personal branding, social media presence, difficult conversations, empathy, active listening, advocacy, conflict resolution, storytelling, mentorship, networking, asking for help, interview skills, and resilience. Through these experiences, students strengthen their ability to translate interpersonal principles into meaningful professional and community action.

MOST 3: Literacy: From Happiness to Impactful Actions

This inquiry-based course challenges students to move from understanding their individual strengths to using those strengths to create meaningful impact. Through self-evaluation, discussion, collaborative activities, and real-world problem-solving, students explore the relationship between happiness, well-being, personal strengths, and purposeful action.

Students examine hedonic and eudaimonic happiness, identify opportunities for synergy, set meaningful goals, and consider how their individual talents can contribute to their communities. Through these experiences, students strengthen self-awareness, decision-making, and action-planning skills while learning to use their strengths to make a positive difference in the world around them.