

# BENCHMARKS

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The BUILD program provides a supportive and comprehensive educational experience for individuals with intellectual disabilities. Through this program, students experience dynamic and engaging instruction, a career-oriented curriculum, specialized mentorship, and on-campus living - all within a supportive Christian environment. Although students progress at their own individual pace, opportunities to grow in independence in these skill areas are incorporated into program courses and requirements as well as through opportunities available to all Bethel University Students. Student growth, as indicated by the levels on these benchmarks, is tracked by determining a baseline during the first semester of the program, at the end of the first year and again at the end of the second year. This information is compiled and reviewed as part of students' exit meeting in order to note progress made throughout the program and the level of skills upon exit from the program.

**Benchmarks are evaluated using the following rating key:**

0: Not observed

1. Requires complete assistance
2. Needs moderate assistance
3. Needs some assistance
4. Needs minimal assistance
5. Completely independent

**Self Care: Caring and keeping of the body, spirit, and mind**

- 1 Corinthians 6:19-20 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.
- Key self-care and life skills, including navigating new environments, ordering food, and asking for help or clarification. It highlights using good judgment in emergencies, coping with stress, and adapting to new situations. Highlights maintaining hygiene, dressing appropriately, staying healthy with proper nutrition and exercise, enjoying diverse leisure activities, and following a regular sleep routine.

**Home Care: Maintaining a living space that is clean, safe, and comfortable**

- 1 Corinthians 14:40 But all things should be done decently and in order.
- Managing personal responsibilities, including laundry, cooking, cleaning, and organizing personal belongings. Focuses on money management skills, such as tracking spending, staying within a budget, and using tools like target cards for groceries.

**Academics: Attending and actively participating in classes**

- Proverbs 18:15 An intelligent heart acquires knowledge and the ear of the wise seeks knowledge.
- Academic skills, including following schedules, arriving on time, and actively participating in class. Emphasis on completing assignments with persistence, meeting deadlines, using technology effectively, and being prepared with necessary materials.

**Employment: Engaging in a professional environment to prepare for competitive integrated employment**

## *Benchmarks 2*

- Proverbs 16:3 Commit your work to the Lord and your plans will be established.
- Essential workplace skills, including completing tasks, showing initiative, and communicating professionally. Emphasis on adaptability, collaboration, punctuality, and appropriate workplace attire. It also includes managing schedules, identifying career interests, and maintaining a positive attitude while working independently.

### **Relationships: Interacting with others and being a positive part of the community**

- 1 Thessalonians 5:11 Therefore encourage one another and build each other up, just as you are already doing.
- Communication and social skills, including expressing needs, discussing various topics, and responding appropriately to others. Highlights include maintaining healthy boundaries in friendships, dating, and online interactions, resolving disagreements, and seeking guidance when needed.