

"Focus"

Organizing Your Virtual and In-Person Class Time / Weeks 1-5

To help pace yourself through this virtual self-directed training, and to be best prepared for our in-person session, here is a syllabus to outline completion of the course materials. We anticipate 1.5 hours per week to complete the online work.

Week 1 (due by 5/3/24): Read Materials

- Read through the Training Manual (Trainer Materials)
- Review the Sign-In Sheet, Feedback Form, Training Checklist, and Certificate of Attendance. (Trainer Materials)

Week 2 (due by 5/10/24): Read Materials, Watch Video, Take Quizzes

- Let's Walk Together Video (Trainer Materials)
- Human Guide Considerations (Resource Handout and Quiz*)
- Let's Walk Together (Resource Handout and Quiz*)

Week 3 (due by 5/17/24): Read Materials, Take Quizzes

- Group Dynamics (Trainer Materials)
- Sensitivity to Vision Loss (Resource Handout and Quiz*)
- Vision and Vision Loss Terminology (Resource Handout and Quiz*)
- Use of Vision Loss Simulator (Resource Handout)

Week 4 (due by 5/24/2024): Read Materials, Watch Videos, Take Quizzes**

- Focus Website Information (Resource Handout and Quiz*)
- MCB/DDS Brochure of Services (Resource Handout and Quiz*)
- Human Guide Scenario Videos (Choose 3 and take Quizzes)
- Complete the Master Quiz

Week 5 Gather In-Person: May 29th 9:00am-12:00pm, Lowell, MA. Attendance is mandatory at this in-person 3-hour session.

****Please have all online work (Weeks 1-4) completed by 5/24/2024****

***Corresponding 3-question quiz.**

Organizing Your Virtual Class Time (continued)

Week 5 Gather In-Person: May 29th 9:00am-12:00pm, Lowell, MA.
Attendance is mandatory at this in-person 3-hour session.

- You will join with other Trainers and our team of Certified Orientation and Mobility Specialists (COMS).
- Activities will include discussion, sitting, walking, use of a vision loss simulator, and being guided while wearing a blindfold.

Date: May 29th, 2024

Time: 9:00am to noon

Location:

Lowell Association for the Blind

169 Merrimack Street

Lowell, MA, 01852

Code to Enter the Building: There is a code to get into the lobby of the building and will be emailed to you prior to May 29th. All participants can take the elevator up to the 2nd floor, which exits into the reception area of the LAB office.

Parking Information and Fees:

The **Joseph Downes Garage** is located at 75 John St, Lowell, MA 01852.

Parking Rates:



PARKING RATES	
HOURLY	
1	\$1.50
2	\$3.00
3	\$4.50
4	\$6.00
5	\$7.50
6	\$9.00
<small>Lost tickets pay maximum posted daily rate.</small>	
DAILY	\$11.00
MONTHLY	Are you a "frequent parker" in this garage? For monthly pass cards please inquire the Boston Transportation Authority.

Please also see **Map and Directions to the LAB Office** on page 3.

Organizing Your Virtual Class Time (continued)

To get to the LAB office from the **Joseph Downes Garage**, exit onto John St, and head South towards Merrimack St. Turn right (West) onto Merrimack St until you've reached the LAB Office (169 Merrimack St).

