

# A-B Tech | Transitional Studies

## Adult Basic Education (ABE) Foundations

For Adults with Disabilities and Low Levels of Literacy

**A-B Tech's ABE Foundations program in Transitional Studies** offers **FREE** classes for adults with intellectual/developmental disabilities and low levels of literacy, to explore and develop academic and employability skills. Flexible class scheduling is available, both in-person and online.



### Subjects offered throughout the year:

- Reading and Writing
- Mathematics and Personal Finance
- Science and Social Studies
- Computer Technology
- Civics and Independent living skills
- Living with Traumatic Brain Injury
- Workplace skills
- Health and Wellness
- Social and Behavioral Skills

### Program Requirements

Students must:

- Complete assessment
- Arrange transportation (for in-person classes)
- Have a computer / laptop, internet access and email (for online classes)
- Follow the Code of Student Conduct and Classroom Conduct
- Manage all personal care needs

### To Enroll

1. Complete Student Interest Form online at <https://abtech.edu/programs/adult-education/student-interest-form>
2. Request accommodations through A-B Tech's Support Services (if applicable)
3. Schedule appointment with advisor
4. Take assessment
5. Meet with advisor and register for classes.

### Contact

Advisor and Specialist, Jan Johnston, [janicemjohnston@abtech.edu](mailto:janicemjohnston@abtech.edu) / 828-398-7323

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## Pathway Programs

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### Project SEARCH

Asheville Project Search is a collaboration between Mission Health, The Arc of North Carolina, Asheville- Buncombe Technical Community College, Vocational Rehabilitation, Vaya Health, and North Carolina Council on Developmental Disabilities. Individuals experience professional and personal growth through a year-long internship at Mission Health. For more information, contact Tim Blekicki [projectsearchasheville@arcnc.org](mailto:projectsearchasheville@arcnc.org).

### Community Garden & Table

On the A-B Tech main campus, adults with low levels of literacy and/or disabilities may participate in-person with the Community Garden & Table program. This FREE program develops workplace and technical skills necessary for working in the food and beverage industry, as well as in gardening/farming jobs. Students learn how to grow produce, safely prepare food, and to eat healthy. Enroll early or late – students accepted year-round to join this program.

### Career Pipeline

In partnership with Goodwill Industries, Biltmore Estate, and Biltmore Farms, the Career Pipeline is an internship program for individuals with low levels of literacy and/or disabilities. The program prepares students for jobs, by developing workplace and technical skills. Concurrently, students work as interns with a local employer.

### Bloom Fitness

On the A-B Tech main campus, adults with low levels of literacy and/or disabilities may participate in-person with the Bloom Fitness program. *Bloom Fitness is a community around fitness and wellness that provides athletes with a feeling of belonging. The program offers people with intellectual and developmental disabilities an inviting and safe environment to exercise, learn about healthy lifestyle choices, and have social interaction. Our classes offer cycling, yoga, pilates, dance, and weights which serve to enhance the overall wellness of each Athlete through education and encouragement.*

## Contact

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