



IN!spiring Futures Mentorship Program Overview

Overview:

IN! equips students with intellectual disability (ID) and their families to explore inclusive postsecondary pathways and prepare for the transition to college and beyond.

The IN!spiring Futures Mentorship Program (IN! FMP) connects students and families with college students with ID who can provide firsthand insight into life after high school. Through mentorship, participants build self-advocacy skills, strengthen goal-setting strategies, increase awareness of community resources and services, and gain confidence in navigating postsecondary opportunities and supports.

The **8-week IN! FMP** includes a combination of in-person and virtual mentorship experiences. Students and their families will attend **two in-person gatherings on a college campus**. **Students will participate in six virtual mentorship sessions**. Each week, students will explore a transition-related topic in large and small groups, hear from peer mentors' lived experience, and set goals for their own futures. At the same time, **family members will have access to three virtual sessions** facilitated by family mentors and focused on navigating critical transition resources.

[Click Here for More Details & to Apply!](#)

This program is intended for:

- Students with intellectual disability (ID) and their families who are interested in exploring postsecondary pathways to college, employment, and independence.
- Students must be between ages 16-25, including those enrolled in 18-21 programs.
- Participants must be Colorado residents.

Key Dates:

- *September 1*: Applications Open
- *September 15*: Applications Due
- *September 16-30*: Applicant Coordination - IN! Staff will reach out to confirm applicant information, needed support for participation, and provide further details.
- *October 1*: **In-person kickoff event @ MSU Denver + Campus Tour**
- *October 8-November 12*: Virtual Mentorship Sessions, Weekly on Thursdays
- *December 3*: **In-person celebration event @ Regis University + Campus Event**

*See detailed schedule of mentorship sessions and topics below

To Note:

- All mentorship sessions will be held on Thursday evenings (4-5pm for students & 5-6pm for families)
- In-person events will be facilitated at colleges in the Denver area and are optional for participants. Food will be provided, and access to transportation support is available.
- Translation services and/or appropriate accommodations will be provided upon request.



IN!spiring Futures Mentorship Program Schedule

IN-PERSON KICKOFF EVENT

October 1, 5:00-6:30 pm @ MSU Denver

Join us for an in-person kickoff to the IN!spiring Futures Mentorship Program. Gather with fellow mentees and their families, IN! Staff and volunteers, and community partners to prepare for a meaningful semester of mentorship. We will go over the details and goals of mentorship and explore the MSU Denver campus. Dinner will be provided.

STUDENT MENTORSHIP SCHEDULE

Weekly sessions held virtually via Zoom on
Thursdays from 4:00-5:00 pm

- **Oct 8** - Employment & Education Pathways
- **Oct 15** - Independence & Wellbeing
- **Oct 22** - Social & Community Participation
- **Oct 29** - Academics & College Readiness
- **Nov 5** - Self-Advocacy & Determination
- **Nov 12** - Person Centered Planning

FAMILY MENTORSHIP SCHEDULE

Sessions held virtually via Zoom on
Thursdays from 5:00-6:00 pm

- **Oct 15** - Presuming Competence & Knowing What's Possible
- **Oct 29** - Connecting to Community Resources for Successful Transition
- **Nov 12** - Family Future Planning

* We ask that students join mentor meetings *independently*. This allows students to connect more authentically and ensures they receive the most out of the program. Parents and teachers will receive weekly emails about topics covered in mentorship sessions and helpful resources you can use to continue the conversation with your student at home and at school.

IN-PERSON CELEBRATION EVENT

December 3, 5:00-6:30 pm @ Regis University

Reconnect with fellow mentees and their families, IN! Staff and volunteers, and community partners to share your person-centered plans and reflect on all that you have learned. Dinner will be provided, with a campus activity to follow.

Questions? Reach out to IN!'s Program Manager, Shayna Laing:
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