

Non-Credit, COLLEGE FOR LIFE Course Descriptions, Spring 2010

For all classes, concurrent enrollment in CECE 880A (Self Advocacy) is required.

Art: Digital Photography

This studio class will explore three compositional ideas while learning to use the digital camera: Winter and Spring Landscapes, Architectural Details, and Portraits. We will use the Lewis and Clark Campus as our Photographic playground. The students will create an on-line portfolio using the Walgreens.com web-site. Photoshop Software will be introduced and used to produce some of the photographs. Learning photographic techniques teaches our minds to see in a different way.

CECE-815A-15	12:30-1:20	T TH	01/19-05/13	FO	1520
CECE-815A-17	2:30-3:20	T TH	01/19-05/13	FO	1520

Art: General

This class will learn and explore basic elements of art through creating a variety of art projects. Elements of art may include color, shape, texture, value, and form. Techniques we may use include printing, painting, working with clay, and making collages.

CECE-815A-11	09:00-10:50	T TH	01/19-05/13	FO	1500
CECE-815A-14	10:00-10:50	T TH	01/19-05/13	FO	1500
CECE-815A-16	1:30-2:20	T TH	01/19-05/13	FO	1500
CECE-815A-18	12:30-2:30	W	01/20-05/12	FO	1500
CECE 815A-19	10:00-11:50	F	01/22-05/07	FO	1500

Art: Video Making

A class of varied activities where students dress up in costumes, act out stories, lip-sync songs, plan stories and plots. The instructor assists students in expanding their ideas to several minutes of action, shoots the digital video and edits the clips into a final short film. Be prepared to be active and work with a group. At the end of the class the "Academy" will vote awards, and each student will get copies of the videos. To view past videos go to <http://gallery.me.com/patriciaperica>

CECE-815A-12	09:00-9:50	TH	01/19-05/13	FO	1503
CECE-815A-13	10:00-10:50	TH	01/19-05/13	FO	1503

Basic Exercise

This class introduces a personal exercise program designed to allow for individual differences in age, gender, physical capabilities, and fitness level. Aerobic exercises, such as dancing, running, and walking, and the playing of sports, such as basketball and volleyball, increase cardio-respiratory performance and promote beneficial changes in body composition. Note: This course requires physical exercise. Consult your physician before beginning a new exercise program.

CECE-814A-12	12:30-1:20	TTH	01/19-05/13	HY	0107
--------------	------------	-----	-------------	----	------

Basic Exercise: Wii™ Get Fit

Using a Wii™, one of today's most popular game and entertainment systems, get fit without leaving the classroom. Hula hooping, boxing, and step aerobics will surely get you moving. Try your luck at ski jumping without the cold and snow. Course will include a variation of yoga, strength training, balance, and aerobic exercise. Note: This course requires physical exercise. Consult your physician before beginning a new exercise program.

CECE-814A-11	09:00-9:50	TTH	01/19-05/13	HY	0107
--------------	------------	-----	-------------	----	------

Computers: Microsoft Office Tools

This computer class will focus on both the beginner and the more advanced users. Students will access web-sites and Microsoft Office programs will be introduced; including but not limited to Power Point, Word, and Excel. Students will sharpen their knowledge of basic computer skills while creating their own slide shows, documents and spread sheets. Creative aspects of these programs will be explored. The students will gain a “working knowledge” of many aspects of the computer.

CECE-830A-11 1:30-2:20 TTH 01/19-15/13 FO 1520

Cooking

In this cooking class, students will be able to choose the dishes they would like to make, often using prepared mixes and basic preparation. Besides cooking, skills learned will include personal hygiene while working with food, table setting, preparing for serving, portion sizes, clean up and restoring the kitchen to proper order. Appropriate behavior in group work and mealtimes will be practiced.

CECE-894A-11 10:00-11:50 W 01/20-05/12 RE 0201
CECE-894A-12 12:30-2:20 W 01/20-05/12 RE 0201

Current Events

Learn about what is going on in your world! This class will use magazines, newspapers, videos, and radio to become more informed about our community, nation, and world.

CECE-890A-11 12:30-1:20 TTH 01/19-05/13 FO 1505

Drama

This class will introduce students to formal elements of performance through group activities involving singing, movement, presentation, awareness, role-playing, and modeling. The students will participate in an organized performance for staff and students at least one time during the semester.

CECE-816A-11 1:30-2:20 T TH 01/19-5/13 HY 0107

Healthy Living

This interactive Health Education class will share information that promotes healthier lifestyles and wellness through the use of discussion, films and activities. Emphasis will be placed on prevention and self-care in the areas of consumer health and safety, diet and nutrition, relationships and communication, family life, stress management and self-esteem.

CECE-825A-11 12:30-01:20 TTH 01/19-05/13 FO 1503

Literature: Native Americans

In this course, students will read or listen to high-interest novels on Native Americans in order to discuss character, setting, plot, and sequence. Students will also develop and improve reading and listening comprehension, vocabulary, and word recognition skills. The class will explore how Native Americans lived, where they lived, and who they were. Making instruments, creating mobiles, decorating and sewing Native American objects, tasting their foods, seeing their villages and practicing their dances will be topics presented through books, art, music, drama and computers.

CECE 820A-15 9:00-9:50 T TH 01/19-05/13 FO 1505

Literature (accelerated)

This section of Literature is reserved for students who are working to improve their skills to prepare for college credit classes in reading and English. In this course, students will read or listen to high-interest novels in order to discuss character, setting, plot, and sequence. Students will also develop and improve reading and listening comprehension, vocabulary, and word recognition skills at a higher level than the other sections.

CECE-820A-11 12:30-1:20 T TH 01/19-05/13 FO 1500

Math

This course will cover basic math skills such as using a calculator, telling time, budgeting, paying bills, using money, making purchases, and other math-related topics.

CECE-810A-15 10:00-10:50 T TH 01/19-05/13 FO 1503

Music

Students will learn to develop fundamental music skills and a basic appreciation for various aspects of applied music. In addition to exploring their personal preferences of music, the students will also view videos to learn music styles of different musicians and periods of musical composition.

CECE-817A-11 10:00-10:50 T TH 01/19-05/13 HY 0107

Science

Students will be introduced to the three domains of science; earth, life, and physical. Using a hands-on approach, students will learn basic concepts in science. Lessons will include activities on the grounds of the Lewis and Clark Community College campus.

CECE-855A-11 2:30-3:20 T TH 01/19-05/13 FO 1503

Self Advocacy (Required)

Learn how to assert yourself! This required course provides useful information on how to find information you need, fill out forms, ask questions and use community-based services to assist you. Program announcements, guest speakers, and student case management are an important component of the Self Advocacy class. **(Students must co-enroll in this class when enrolling in any other class.)**

CECE-880A-11	11:00-11:50	TTH	01/19-05/13	FO	1503
CECE-880A-12	11:00-11:50	TTH	01/19-05/13	FO	1505
CECE-880A-13	11:00-11:50	TTH	01/19-05/13	FO	1500
CECE-880A-14	11:00-11:50	TTH	01/19-05/13	FO	3505
CECE-880A-15	11:00-11:50	TTH	01/19-05/13	BA	3450

Social Studies: Geography

Let's explore our world! Learn about Mexico and its culture, customs, and people, including lots of fun facts! Watching movies, reading books, finding pictures of interest, studying maps, drawing pictures, making designs, doing crafts, and sampling foods from this country are all activities students will experience in this class.

CECE-845A-11	10:00-10:50	TTH	01/19-05/13	FO	1505
--------------	-------------	-----	-------------	----	------

Social Studies: General

Students will learn about history and geography. Lessons will include Alton and Springfield history, the Lewis & Clark Exploration, states, capitals, and our vast world of countries and continents.

CECE-845A-12	01:30-02:20	TTH	01/19-05/13	FO	1503
--------------	-------------	-----	-------------	----	------

Treasures of Our Community

Discover the treasures of the River Bend Area. This class will include research and field trips to interesting locations within our community. Students will also keep individual and class journals and scrapbooks of their journeys.

CECE-841A-11	10:00-11:50	W	01/20-05/12	FO	1503
--------------	-------------	---	-------------	----	------

Volunteer Experiences

The students in this class will visit places involved in social service. They will tour the facility on the first visit, and on their return visit they will do a service project, such as serving food at a homeless shelter, etc. In addition, the Volunteer Experiences class occupies two tables in the LCCC green house. They start, plant, and maintain many varieties of plants for staff and faculty at LCCC. At the end of each project, students complete a picture report on the activity.

CECE-870A-11	10:00-11:50	F	01/22-05/07	FO	1503
--------------	-------------	---	-------------	----	------