

College For Life Fall 2024 Course Descriptions

Aerobics

Aerobic exercises, such as dancing, running and walking increase cardio-respiratory performance and promote beneficial changes in body composition. This class will include complete aerobic workouts including warm-ups and cool downs. We can even fit "Just Dance" into some of our routines! *Note: This course requires physical exercise. Consult your physician before beginning a new exercise program.*

Tuesday and Thursday, 9-9:25 a.m.

Aerobics/Zumba

Aerobic exercises, such as dancing, running and walking increase cardio-respiratory performance and promote beneficial changes in body composition. This class will include complete aerobic workouts including warm-ups and cool downs. We can even fit "Just Dance" into some of our routines!

Monday and Wednesday, 9-9:25 a.m.

Animal Art

Calling all animal lovers! Your artist will learn fun facts about animals and create beautiful art pieces inspired by the beautiful creatures of the world!

Monday and Wednesday, 11-11:50 a.m.

Archeology

Do you like to study people and artifacts from ancient times? We will learn about the job of an archeologist and study artifacts and other items left by humans of the past. We will also study fossils and rocks and go on our own excavating adventures!

Monday and Wednesday, 12:40-1:30 p.m.

Art-Sewing

Have you ever wanted to design your own clothes and jewelry? Have you ever wished you knew how to fix some of your own clothing, including sewing on some missing buttons? Have you ever wished you knew how to make scarves or blankets for yourself or to give as gifts? Students taking this course will learn how to thread a needle and hold instruments to measure and cut material.

Tuesday and Thursday, 12:40-1:30 p.m.

Art/Scrapbooking

Let's make a memory! Students will have the opportunity to create original ways to preserve their memories through the use of photographs, acid free paper, stickers, stencils and Washi tape. A variety of projects will be offered that will include using a photo slicer, scissors, and instruction on design and layout. Photographs may be brought from home, or a limited number may be printed in the computer lab on campus.

Tuesday and Thursday, 9:30-10:20 a.m.

Art/Set-Design

Let's get creative! Do you love theatre but would prefer to be in the background? This class will focus on all of the other artistic work that goes into making a production happen. We will even dabble in costume makeup! This class will be helping our drama classes by constructing props and backgrounds for the end of the year performances.

Monday and Wednesday, 12:40-1:30 p.m.

Astronomy

Asteroids, constellations, stars, planets, and more are on the menu to discover and explore. What are they made of? How far away are they? Are they moving? All those questions and more will be answered through art, videos, worksheets, and where else based on student interest. Let's learn about astronomy together!

Monday and Wednesday, 11-11:50 a.m.

Board Games

Put on your thinking caps! This class will focus on critical thinking through playing board games such as Checkers, Life, Clue, Yahtzee, Battleship, and so much more! This will be an exciting class for those who love to figure things out!

Tuesday and Thursday, 1:35-2:25 p.m.

Coffee for Life Coffee Cart

This class will practice jobs skills by beginning a College for Life coffee cart and selling our products on campus. We will begin by selling coffee and pastries a few times throughout the semester. Students will learn how to prepare products, market, sell, and work with money. This new spin on the class will be fun for those with interest in entrepreneurship.

Monday and Wednesday, 9:30-10:20 a.m. / Tuesday and Thursday, 9:30-10:20 a.m.

Criminology (Science)

Have you ever wondered what it takes to understand and operate a crime scene? Want to learn how to enter evidence and fingerprint? This class will show you how to interview people, do crime scene sketches, evidence collection, hair and DNA analysis.

Tuesday and Thursday, 11-11:50 a.m.

Dance Party

Do you enjoy exercise and have fun while doing it? This dance class is for you! This course introduces a personal exercise program designed to allow for individual differences in age, gender, physical capabilities, and fitness level. Aerobic exercises, such as dancing and walking increase cardio-respiratory performance and promote beneficial changes in body composition.

Tuesday and Thursday, 2:30-2:55 p.m.

Digital Photography and Art

Do you love to take photos? This class is meant to teach those interested in taking photos on their phone or camera. Gain the skills you need to take great photos and learn different angles and techniques to make your photos even more appealing. Learn how to use various computer programs to edit and enhance photos to make beautiful art.

Tuesday and Thursday, 12:40-1:30 p.m.

Disney Music

Everything Disney! Let's discover how Disney movies are made. We will discuss story lines, settings and characters. Oh boy, oh boy, oh boy, lots of music! Yep, this class will be a blast. Students will also get the opportunity to perform on stage! "TTFN – Ta-ta for now."

Tuesday and Thursday, 1:35-2:25 p.m.

Fun with Pastels

Come experience the fun and exciting world of pastels! Students will learn various techniques that will result in beautiful art pieces!

Tuesday and Thursday, 11-11:50 a.m.

Gardening to Table (Healthy Living)

Come grow with us! Join us as we team up with Katie Piper, the college's gardener, to create LCCC's first community garden. We will grow flowers and vegetables. Students will grow, harvest, and learn about their nutritional value and how they can be used in cooking. We are so excited about this class!

Tuesday and Thursday, 11-11:50 a.m.

Healthy Appetizers

Come learn how to cook and eat healthier by learning creative ways to use vegetables and fruits! Some of the produce will be taken from our very own College for Life Growing Knowledge Garden!

Tuesday and Thursday, 11-11:50 a.m.

Healthy Snacking

Students will learn how to plan and make nutritious meals that can be easily made at home! Students will learn about the different food groups and the importance of a well-balanced meal. Students will go home with a collection of recipes at the end of the semester.

Monday and Wednesday, 11-11:50 a.m.

Inventor's Workshop

This student-led STEM class will work together to imagine and design creative and practical inventions. We will also learn about the lives of inventors who made major contributions to society.

Monday and Wednesday, 1:35-2:25 p.m.

Lights, Camera, Action

Students will be introduced to various elements of performance through group activities involving singing, movement, presentation and role-playing.

Monday and Wednesday, 1:35-2:25 p.m. / Tuesday and Thursday, 11-11:50 a.m.

Making Sense of Our Five Senses

We use our eyes to see, ears to hear, nose to smell, tongue to taste, and skin to feel. This fun and engaging science class will explore how our senses work and what kind of information they tell you.

Tuesday and Thursday, 11-11:50 a.m.

Money Math

Let's make math fun! Through interactive games, students will learn practice basic math skills that help students learn how to use a calculator, count money, budgeting, paying bills, making purchases, and other related topics.

Monday and Wednesday, 9-9:25 a.m. / Tuesday and Thursday, 9-9:25 a.m.

Music Around the World

Do you love music? Add a little Music to your school day! In this class, we will experience and learn about many genres of music and musicals. Expect to sing and dance and learn about different instruments. We will enjoy our favorite tunes while exploring some new music as well.

Monday and Wednesday, 9:30-10:20 a.m.

Music Around the World

Music is the universal language of mankind. In this class, we will explore the evolution of music over time and listen to music from other parts of the world. We will also learn some cultural dances!

Tuesday and Thursday, 9:30-10:20 a.m.

Natural Wonders of the World

There are seven natural wonders of the world! Do you know what they are? This exciting class will explore these places around the world and learn why they are called "wonders"!

Tuesday and Thursday, 12:40-1:30 p.m.

Self-Advocacy

Learn how to assert yourself! This required course engages students in cooperative learning groups and daily group discussions about quality of life. Topics may include health care, living environment, family, education, work, leisure and social and emotional relationships. Program announcements, guest speakers, and student case management are an important component of the Self Advocacy class.

Monday and Wednesday, 10:30-10:55 a.m. / Tuesday and Thursday, 10:30-10:55 a.m.

Short Story Illustration

Do you love both reading and art? Let's discover some of our favorite short stories and have fun creating our own stories! We will read and learn about various short stories authors. We will talk about the key elements of writing a story and learn how to write for an audience. Then, we be a fun class! will learn the best way to illustrate our work.

Tuesday and Thursday, 1:35-2:25 p.m.

Speech

Students practice developing and maintain effective communication skills through this fun, interactive speech class! Students will learn how to enhance communication by avoiding communication barriers and breakdowns. Students will discuss how to handle attitudes and feelings that may interfere with appropriate or accurate communication. General conversation abilities will be developed for more interaction including listening, speaking, responding to questions, asking questions related to the subject at hand.

Tuesday and Thursday, 12:40-1:30 p.m.

Today's Hits (Pop Culture)

This class will focus on the trends and fads of our time. Using the internet, along with other resources, we will research how and why certain books, movies, toys, music, and people become embedded in our culture. We will focus on how the media and its progression in our society play a huge role in what becomes popular.

Tuesday and Thursday, 2:30-2:55 p.m.

World History

This class will examine major events and turning points of world history from ancient times to present through interactive games, educational videos, and exciting projects!

Tuesday and Thursday, 9:30-10:20 a.m.

World of Magic (Literature)

Are in interested in fantastic beast and where to find them? Want to learn potion making, the history of magic, how to care for magical creatures, herbology and charms? This class looks at the magical world of Harry Potter and other magical stories.

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Zumba

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