

COLLEGE FOR LIFE Course Descriptions

Fall 2021

Self-Advocacy (REQUIRED)

\$95 (Note: This class runs for 25 minutes only)

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.

Art

\$190

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, form, line, and space. Techniques we may use include printing, painting, working with clay, wood, and making collages.

Art/Scrapbooking

\$190

Students will have the opportunity to create original ways to preserve their memories using photographs, acid free paper, stickers, stencils and Washi tape. Students will use a photo slicer, scissors, and receive instruction on design and layout. Students will need to provide their own photographs.

Basic Exercise/Aerobics (Note: This class runs for 25 minutes only)

\$95

This course is designed to allow for individual differences in age, gender, physical capabilities, and fitness level. Aerobic exercises, such as dancing, running and walking increase cardio-respiratory performance and promote beneficial changes in body composition. Cool downs, including stretching, will be a part of the class, as well. Note: This course requires physical exercise. Consult your physician before beginning a new exercise program.

Computers-How to

\$190

This class will focus on both the beginner and the more advanced users. We will focus on PowerPoint and Microsoft Word. Students will sharpen their knowledge of basic computer skills while creating their own slide shows and documents. Creative aspects of these programs will be explored. Students will also access websites in order to assist them with their project. The students will gain a "working knowledge" of many aspects of the computer.

Drama

\$190

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.

Drama- Movie Analysis

\$190

Do you love watching movies and talking about them? This is the class for you! Students will watch movies from various genres and discuss character, setting, plot and sequence. Students will read and write movie reviews and possibly write their own screenplay. Students will have the opportunity to engage with movies like never before!

Healthy Living

\$190

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.

Healthy Snacking-Meal Planning

\$190

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.

Healthy Snacking

\$190

Everyone loves to snack, so let's learn how to make a variety of snacks with a healthy twist! Students will learn the steps to preparing snacks beginning with planning, continuing with sanitation, preparation, eating, and ending with clean-up. Does someone you know have a favorite recipe that you like? Bring it in and we will give it a try! This is your opportunity to experiment with the benefit of guidance and instruction.

Geography

\$190

Let's explore our world! Learn lots of fun facts about different countries, cultures, customs, and people. Watching movies, reading books, finding pictures of interest, studying maps, drawing pictures, making designs, doing crafts, and sampling foods from each country are all activities students will experience in this class. Prerequisite: Concurrent enrollment in Self Advocacy is required.

Literature

\$190

In this course, students will read or listen to high-interest stories in order to discuss character, setting, plot and sequence. Students will also develop and improve reading and listening comprehension, vocabulary, and word recognition skills.

Logic

\$190

Put on your thinking caps! During this time, students will solve mysteries, figure out puzzles, and analyze information. Critical thinking skills will be utilized as vocabulary improves through word analogies and games. Students will also increase their reasoning skills by creating strategies to complete tasks. This will be an exciting class for those who love to figure things out!

Math (All sections)

\$95 and \$190

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.

Music

\$190

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 try out some instruments of our own. We will enjoy our favorite tunes while exploring some new music as well.

Musical/Musicals

\$190

Experience the sound of musicals! Learn more about the musical productions that we all know and love - and discover some new musical performances as well. From the classics to the latest releases, including movie musicals, local theatre and Broadway - we will enjoy the themes, stories and musical compositions that make musicals fun! Students will also have the opportunity to do some singing and dancing of their own!

Popular Culture

\$95

This class will focus on the trends and fads of our time and previous years. 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.

Science

\$190

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.

Science-Animal Science

\$190

This science class will focus on various animals and their care, habitat, nutrition, reproduction, and growth. Students will learn about animals from all over the world and the various environments in which they thrive. This will be a fun class for all students especially animal lovers!

Sewing

\$190

Have you ever wished you knew how to fix some of your own clothing, including sewing on some missing buttons? Students taking this course will learn how to thread a needle and hold instruments to measure and cut material. Lessons will include sewing on buttons, tying knots, pinning and cutting material and learning basic stitches. Cotton, fleece, and other types of materials such as plastic, yarn, and thread will be used. Each student will make one or more projects that will be theirs to keep!

Social Studies

\$190

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