

COLLEGE FOR LIFE – Godfrey Course Descriptions Fall 2020

Self-Advocacy (REQUIRED)

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

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. Prerequisite: Permission of the College for Life program coordinator is required.

Art

\$190

Roll up your sleeves and let's get busy creating! We will work with a variety of mediums such as paint, watercolors, pastels, clay, wood and anything else we can get our hands on. We will be making a variety of projects all with a touch of fun!

Art-Scrapbooking

\$190

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.

Art-Set Design

\$190

Let's get creative! In the first eight weeks of this course, we will be creating art projects using water colors, paint, pastels, and other materials to achieve our masterpieces. The second eight weeks of this course, we will be helping our drama classes by constructing props and backgrounds for the end of the year performances.

Visual Art

\$190

Vincent van Gogh, Claude Monet, Pablo Picasso, and Leonardo da Vinci are some of the greatest visual artists of all time. This class will study the works of famous artists past and present. Students will also create and mimic art pieces of their own using various forms of art such as painting, ceramics, drawing, and sculpture.

Basic Exercise /Dance

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

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. Note: This course requires physical exercise. Consult your physician before beginning a new exercise program.

Computers-How to

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

This course is an introduction to basic computer use and understanding. Assistive technology tools will be introduced and explained. From beginner to more advanced levels.

Computers

\$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 web-sites in order to assist them with their project. The students will gain a "working knowledge" of many aspects of the computer. Prerequisite: Concurrent enrollment in Self Advocacy is required.

Digital Photography

\$190

Get creative and have fun! In this class, students will have the opportunity to move around campus while using their digital cameras to capture creative art. Using these pictures along with their off campus photos, each student will create their own unique photo presentation. Learning photographic techniques teaches our minds to see in a different way. Each student must have his/her own digital camera for this class.

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.

Geography-Illinois

\$190

How much do we really know about Illinois? This class will focus on the geographical features of our home state! This class will cover fun facts and the history of Illinois. This should be a fun class for students to learn more about the state that we live in!

Geography-World Cultures

\$190

Do you enjoy learning about cultures around the world? This class will focus on different people groups around the globe. Students will learn many cultural features such as food, language, clothing, education, and so much more. This class will explore the differences and similarities between how we live vs. other parts of the world. Students will also have the opportunity to try foods from various countries.

Healthy Living-Nutrition

\$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 diet and nutrition, which includes eating healthy, eating a balanced diet, and creating an exercise plan. Students will discuss the benefits of good health, as poor health habits can result in common diseases such as diabetes, stroke, and heart disease. During the second half of the semester for the T/TH class, the students will experience HealthRHYTHMS, a unique activity that combines proven health-promoting strategies including self-expression, group support, nurturing, exercise, stress reduction and of course, music making. Once a week for 50 minutes; percussion instruments of all shapes, sizes and designs (drums, rattles, bells, shakers etc.) will be brought into the classroom. Students and staff will participate in a wide variety of group activities that encourage cooperation, communication and interaction.

Healthy Appetizers

\$210

Are you hosting a party? Whether you are hosting the super bowl! This class will teach students how to make appetizers that are fun, easy, healthy, and delicious!

Healthy Snacking-Food Science

\$210

Why does popcorn pop? Why do onions make you cry? Discover basic science principles by doing fun cooking projects and experiments. The best part is that students can taste the end result!

Jobs-My Community

\$190

Learn about various jobs and their responsibilities and what makes a good employee. We will fill out applications and practice job interviewing skills. We will have guest speakers and practice communication skills, oral and written, which are essential in a work environment. This class will also practice jobs skills by beginning a College for Life coffee cart and selling our products on campus. We will begin by selling coffee and cookies a few times throughout the semester. Students will learn how to market, sell, and work with money. This new spin on the class will be fun for those with interest in entrepreneurship.

Literature

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

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.

Literature-Folktales

\$190

Folktales are creative stories usually passed on in various cultures from generation to generation and often contain some kind of wisdom. Have you heard of "Jack and the Beanstalk" or "Goldilocks and the Three Bears"? Those are just some of the popular stories this class will explore! This course will also read stories from all around the world. Students will use their creativity to create folktales of their own!

Logic

\$190

Put on your thinking caps! In this class students will solve mysteries, play checkers, and analyze information in order to figure out missing pieces of information. A variety of puzzles will be used including Sudoku, crosswords, and logic. Critical thinking skills will be utilized as vocabulary improves through word analogies and games. Students will also increase their reasoning skills by creating strategies used in everyday circumstances. This will be an exciting class for those who love to figure things out! Prerequisite: Concurrent enrollment in Self Advocacy is required.

Logic- Board Games

\$190

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!

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.

Math-My Money

\$190

In this course, students will focus on life skills in the use of money. Students will discover how our money moves through the community and how it helps to build a strong community. This class will also cover the importance of budgeting, paying bills, wise spending, and practical ways to save money.

Music

\$95 and \$190

Students will practice fundamental music skills and experience various genres of music. This will include using hand bells and a variety of percussion instruments. Expect some singing and dancing.

Music-Fundamentals of Dance

\$190

Do you love to dance? This class is an introduction to various types of dance, such as hip-hop, interpretive, line, and so much more! The students will learn about the evolution of dance and how it can be used to creatively express themselves. This is a good class for students who love dance and enjoy moving!

Music-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!

Mad Science Lab

\$190

Play the part of a mad scientist and create awesome experiments that happen right before your eyes! In this class, we will take everyday household items and transform them into exciting, bubbling, and foaming creations

Pop Culture

\$190

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

Why? What? How? Really? Curious minds want to know. In this class, we will answer questions that you have never thought of or maybe questions that you have considered. Why do people throw coins into fountains? Why some eggs are brown and others are white? Do they taste different? What was bubble wrap originally? How did the slinky become a toy? How was that made? Bring your questions! We will explore the answers to these questions and more.

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!