

## College For Life - N.O. Nelson Course Descriptions Fall 2020

### **Self-Advocacy (REQUIRED) (Note: This class runs for 25 minutes only)**

No Credit \$95

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.

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

- 3 Sections are offered from 10:30 – 10:55 a.m. TTH

### **Art**

No Credit \$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, and form. Techniques we may use include printing, painting, working with clay, wood, and making collages.

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE 815-N5                      9:30 – 10:20 a.m.                      TTH                      N9 Room 101

### **Basic Exercise (Note: This class runs for 25 minutes only)**

No Credit \$95

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, 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.

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE 814A-N2                      9:00 – 9:25 a.m.                      TTH                      N9 Room 101
- CECE 814A-N2                      2:30 – 2:55 p.m.                      TTH                      N9 Room 101

### **Basic Foreign Language**

No Credit \$190

Who wants to learn the basics of a foreign language? In this course, students will learn common words and phrases in a foreign language(s) that they can integrate into their everyday lives. In addition to studying the language, students will also gain knowledge of the foods, customs, traditions, religions and cultures pertaining to the regions where the language is spoken.

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE-824-N10                      11:00 – 11:50 a.m.                      TTH                      N3 Room 118

## **Computers (Note: This class runs for 25 minutes only)**

No Credit \$95

This course is an introduction to basic computer use and understanding. Assistive technology tools will be introduced and explained. The students will gain a "working knowledge" of many aspects of the computer while exploring a variety of web sites.. All levels are welcomed!

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE 830A-N8 9:00 – 9:25 a.m. TTH N9 Room 103

## **Computers**

No Credit \$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.

- CECE 830-N8 1:35 – 2:25 p.m. TTH N9 Room 103

## **Current Events (Note: This class runs for 25 minutes only)**

No Credit \$95

Learn about what's going on in your world! This class uses computer web sites, newspapers, articles and radio to become more informed about our community, nation and the world.

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE-890A-N15 02:30 – 02:55PM TTH N3 Room 104

## **Healthy Living (Note: This class runs for 25 minutes only)**

No Credit \$95

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. Concurrent enrollment in Self Advocacy is required.

- CECE 825A-N12 9:00 – 9:25 a.m. TTH N3 Room 118

## **Healthy Snacking**

No Credit \$210

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. Prerequisite: Concurrent enrollment in Self Advocacy is required.

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- CECE 899-N3 12:40 – 1:30 p.m. TTH N9 Room 101

## Jobs

No Credit \$190

Students will learn about different jobs and responsibilities. Students will practice both written and oral communication skills. We will also have a variety of guest speakers and learn about their important role within our community.

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE 875-N13 9:30 – 10:20 a.m. TTH N3 Room 118

## Literature

No Credit \$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.

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE-820- 12:40 – 01:30 p.m. TTH N3 Room 104

## Logic (Note: This class runs for 25 minutes only)

No Credit \$95

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!

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE-823A-N14 2:30 – 2:55 p.m. TTH N9 Room 103

## Mad Science Lab

No Credit \$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!

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE 855-N7 12:40 – 1:30 p.m. TTH N9 Room 103

## Math

No Credit \$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.

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE 810-N4 1:35 – 2:25PM TTH N3 Room 104

## **Music**

No Credit      \$190

Students will gain an appreciation and experience all types of music. They will learn about the history behind the music and the composer. A portion of this class will include using hand bells and a variety of percussion instruments. Expect some singing and dancing.

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE 817-N6                      9:30 – 10:20 a.m.      TTH                      N9 Room 103

## **Performing Arts**

No Credit      \$190

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

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE-816-N1                      11:00 – 11:50 a.m.      TTH                      N9 Room 101

## **Public Involvement – Make It and Take It**

No Credit      \$190

Discover Edwardsville. This class will include field trips using MCT public bus transportation to various locations with the focus on giving back to our community. Prior to visits, students will research the history and purpose of each agency. They will work on an activity or a project to be shared with those they visit. They will keep a journal documenting all their findings. Students will learn how to use public transportation in order to deliver their goods.

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE- 841-N16                      11:00 – 11:50 a.m.      TTH                      N9 Room 103

## **Scrapbooking**

No Credit      \$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.

Prerequisite: Concurrent enrollment in Self Advocacy is required.

- CECE-815-N6                      1:35 – 2:25 p.m.      TTH                      N9 Room 101