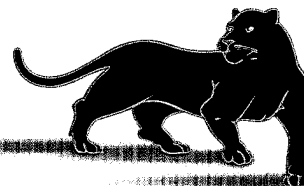




DISABILITY SUPPORT SERVICES
PERSONAL DEVELOPMENT CLASSES
SPRING 2018



Classes begin January 29, 2018!!

Contact Disability Support Services for more information at:
(619) 482-6512 or VP (619) 207-4480

PD 1 S01 SPEECH LANGUAGE HEARING ASSISTANCE .5 Unit

Designed to assess and provide special assistance to students with speech, hearing and/or language disabilities. This can include distortions of speech, stuttering, voice disorders, or speech difficulties associated with physical disorders. A licensed speech-language pathologist provides this assistance.

Day & Time: TBA Room: S108
Obtain add code from DSS to register. Dates: 01/29/18 - 05/25/18

PD 7 S01 MEMORY SKILLS 3 Units

Designed to offer instruction to students interested in improving memory skills. Teaches students strategies to organize, memorize, and recall information.

Room: 436
Day & Time: TTh 8:35 - 10:00 am Dates: 01/29/18 - 05/25/18

PD 9 S01 ADULT LEARNING ASSESSMENT .5 Unit

Provides instruction on adult learning and learning strategies. Includes individual assessment to identify learning strengths and weaknesses for the purpose of identifying learning disabilities following the California Community College model. Emphasizes the development of a plan for improved learning in all college courses. [ND]

Room: S108
Day & Time: TBA Dates: 01/29/18 - 05/25/18

PD 14 S01 VOCABULARY DEVELOPMENT AND WORD RECALL 3 Units

Offers special instruction to students with disabilities in vocabulary development, acquisition, and recall.

Room: 436
Day & Time: TTh 10:10 - 11:35 am Dates: 01/29/18 - 05/25/18

PD 18 S01 ADAPTED COMPUTER INSTRUCTION 2 Units

Class provides an overview of all adapted hardware and software in the DSS High Tech Center.

Room: 421
Day & Time: M 10:10 - 11:00 am
Day & Time: W 10:10 - 11:15 am Dates: 01/29/18 - 05/25/18

PD 21, 22, 23 ADAPTED COMPUTER SUPPORT LAB 1 Unit

Pass/No Pass only. Provides students with disabilities access to specialized hardware and software designed to learn or improve basic skills in adaptive technologies, cognitive retraining software, educational technologies, computers, and study skills. Students will work in the computer lab following their individual educational contract. Laboratory time arranged with the instructor. [ND]

Course Number: PD 21 S01 Room: 421
Course Number: PD 22 S01 Day & Time: TBA
Course Number: PD 23 S01 Dates: 01/29/18 - 05/25/18

PD 89 S01 FUNDAMENTALS OF MATHEMATICS**3 Units**

Class uses special methods and materials to teach learning strategies for basic computation, problem solving and real life math situations. Helps students to enter into Math 35 or develop basic math skills.

Room: 436

Day & Time: MW 10:10 - 11:35 pm

Dates: 01/29/18 - 05/25/18

PD 100 S501 LIFELONG SUCCESS**3 Units**

An online only course that utilizes assessment of personality, interests, skills, and values to identify major and career options. Uses learning styles, psychological principles of learning, life management, and creative and critical thinking techniques. Designed for DSS students comfortable with working independently online.

ONLINE

Dates: 01/29/18 - 05/25/18

PD 110 S10 COLLEGE SUCCESS SKILLS**3 Units**

Course is designed to assist students in developing their study and life skills. Career development, goal setting, self esteem, time management, note taking, textbook reading, test taking and college resources are the primary areas of focus.

Room: 436

Day & Time: MW 11:45 – 1:10 pm

Dates: 01/29/18 - 05/25/18

TUITION FREE NONCREDIT CLASSES LISTED BELOW!

Applications available for these noncredit classes at the DSS Office or online at:

www.swccd.edu/continuingeducation

NC 102 01 OCCUPATIONAL OPPORTUNITIES**0 Units**

Want to get a job now or in the future? Enroll in this FREE, three-hour per week course to learn the skills you need to be successful! Identify work skills, strengths, and abilities. This course helps you explore career options that match your skills and interests so you are successful at work. Learn how to write a resume, cover letter, and practice interviewing skills necessary for workplace success in communication, teamwork, and responsibility

Learn how to search for a job online and find a job; discover where to volunteer/intern to gain experience to include in your resume. Complete a Continuing Education application to enroll.

Continuing Education Division

Room 662

Day & Time: Thursday 9:00 AM-12:00 PM

Dates: 01/29/18 - 05/25/18

NC 107 01 BUILDING SOCIAL SKILLS FOR COLLEGE**0 Units**

Provides students with disabilities support in developing foundational social skills. Focuses on effective communication strategies and social cognition. Based on the PEERS school-based program and modified for use with young adult learners, this course was designed for young adults with social and communication deficits.

Continuing Education Division

Location: SWC Chula Vista Main Campus – Room 662

Day & Time: Wednesday 1:30 pm to 4:30 pm

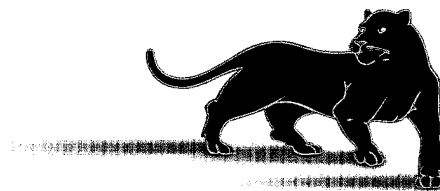
Dates: 1/31/18 to 05/23/18



DISABILITY SUPPORT SERVICES

Adapted Physical Education

Spring 2018



Classes begin January 29, 2018!!

Contact Disability Support Services for more information at:
(619) 482-6512 or VP (619) 207-4480

ES/L 106 Adapted Flexibility Fitness 1 Unit

Introduces stretching techniques that are designed to increase range of motion. Emphasizes safe, effective and progressive techniques to improve joint health. Reduces risk of injury, increases flexibility, and improves body awareness. [D; CSU]

Course/Section Number	Time	Days	Room
ES/L 106 - S02	11:45 AM – 1:10 PM	TH	H202

Class Dates: 02/01/18 - 05/24/18

ES/L 113 Adapted Personalized Fitness 1 Unit

This exercise class is designed to utilize the Nautilus and cardio equipment. General flexibility, strengthening and muscular endurance, along with body maintenance and cardiovascular conditioning is the class objective. [D; CSU; UC]

Course/Section Number	Time	Days	Room
ES/L 113 S01	1:20 PM – 2:45 PM	MW	H202

Class Dates: 01/29/18 - 05/25/18

ES/L 121 Adapted Aquatic Fitness 1 Unit

Provides students with disabilities with water-resistive exercises of strength, flexibility, endurance and cardiovascular improvement utilizing total body workout in the shallow end of the pool.

Course/Section Number	Time	Days	Room
ES/L 121 01	10:10 AM - 11:35 AM	TTh	POOL

Class Dates: 01/29/18 - 05/25/18

For more information, or to request this material in alternate media,
contact Disability Support Services at:
Voice (619) 482-6512 or VP (619) 207-4480