

DSS Courses

Southwestern College DSS students come from a variety of backgrounds. Many students have just graduated from high school and some have decided to attend college after spending time in the work force, raising a family or serving in the military. In order to improve academic success in college, students may enroll in DSS classes.

DSS offers basic skills and strategy classes. DSS classes provide an opportunity for students to improve academic skills, identify career goals, learn about college resources and participate in physical education.

Personal Development Classes

DSS uses special methods and materials to develop skills in oral and written language, vocabulary, memory, spelling, grammar, sentence construction, math calculation, and math problem-solving.

Personal Development (PD) classes also are designed to help students develop personal skills such as study skills, test-taking strategies, time management, and decision-making skills. Improving those skills will help towards success in college and in employment.

Exercise Science-Limited (ES/L) Classes

DSS offers physical education classes which are adapted to address the individualized needs of students with disabilities. All DSS ES/L classes require a doctor certification, count towards Southwestern College degree requirements and are transferable. ES/L classes feature activities in personalized fitness, sports, and swimming and are frequently offered in summer as well as in the fall and spring semesters.

Consult the SWC Catalog or Class Schedule to obtain a current listing of DSS PD or ES/L Classes or contact the DSS Office directly for more information and a detailed list of classes.