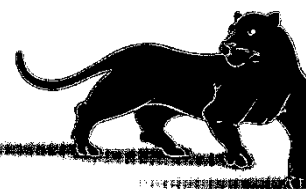




DISABILITY SUPPORT SERVICES PERSONAL DEVELOPMENT CLASSES

FALL 2017



Classes begin August 21, 2017!!

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

PD 1 - S01 SPEECH LANGUAGE HEARING ASSISTANCE .5 Units

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.

Class Number: **14308**

Room: S108

Day & Time: TBA

Dates: 08/21/17 - 12/08/17

Obtain add code from DSS to register.

PD 7 - S01 MEMORY SKILLS 3 Units

Designed to offer special instruction to students with memory problems. Teaches students to locate, identify, organize, and recall using advanced strategies.

Class Number: **14358**

Room: 436

Day & Time: TTH 8:35 - 10:00 am

Dates: 08/21/17 - 12/08/17

PD 12 - S01 ORAL LANGUAGE AND COMPREHENSION SKILLS 2 Units

Provides assistance to students in order to improve skills in understanding and expressing themselves using oral and written language.

Class Number: **14349**

Room: 436

Day & Time: T 10:10 - 11:00 am

Dates: 08/21/17 - 12/08/17

Th 10:10 - 11:15 am

PD 18 - S01 ADAPTED COMPUTER INSTRUCTION 2 Units

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

Class Number: **14350**

Room: 421

Day & Time: M 10:10 - 11:00 am

Dates: 08/21/17 - 12/08/17

W 10:10 - 11:15 am

PD 21 - 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]

Class Number: **14351**

Course Number: PD 21 S01

Room: 421

Class Number: **14352**

Course Number: PD 22 S01

Day & Time: TBA

Class Number: **14353**

Course Number: PD 23 S01

Dates: 08/21/17 - 12/08/17

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.

Class Number: **14359**

Room: 436

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

Dates: 08/21/17 - 12/08/17

To request this material in alternate media, please call voice (619) 482-6512 or VP (619) 207-4480.

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.

Class Number: **14340**

Room: ONLINE

Day & Time: ONLINE

Dates: 08/21/17 - 12/08/17

PD 101-S01 ORIENTATION TO COLLEGE**1 Unit**

This class will provide information on DSS services, legal rights, and college support services.

Class Number: **14344**

Room: 436

Day & Time: MW 8:35 – 9:40 am

Dates: 08/21/17 – 10/09/17

PD 101-S02Class Number: **14345**

Room: 436

Day & Time: MW 8:35 – 9:25 am

Dates: 10/16/17 - 12/08/17

PD 110-S01 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.

Class Number: **14347**

Room: 436

Day & Time: MW 11:45 – 1:10 pm

Dates: 08/21/17 - 12/08/17

TUITION FREE NONCREDIT CLASSES LISTED BELOW!

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

www.swccd.edu/continuingeducation

NC 103 STEPPING STONES TO SUCCESS IN THE WORKPLACE**0 Units**

This course provides students with an overview of how to develop necessary workplace skills. Introduces communication, attitude, problem solving skills, and critical thinking techniques to prepare individuals for general workplace expectations. Exposes students to workplace ethics necessary for business interactions.

Continuing Education Division

Location: SWC Chula Vista Main Campus – Room 662

Day & Time: Tuesdays – 9:00 am to 12:00 pm

Dates: 9/12/17 to 11/14/17

NC 105 INDEPENDENCE, SOCIAL, AND STUDY STRATEGIES FOR YOUNG ADULTS 0 Units

Specifically designed to address the needs of students with autism in college. Students will obtain skills and knowledge necessary to reach their educational objectives. Emphasizes time management strategies, information on campus resources, stress management techniques, study skills, and effective communication strategies.

Continuing Education Division

Location: SWC Chula Vista Main Campus – Room 436

Day & Time: Wednesdays – 1:30 pm to 3:30 pm

Dates: 8/23/17 to 12/6/17

NC 107 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 436

Day & Time: Tues & Thur 1:00 pm to 2:30 pm

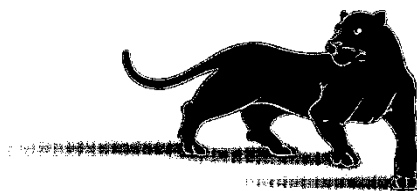
Dates: 8/22/17 to 12/7/17



DISABILITY SUPPORT SERVICES

Adapted Physical Education

Fall 2017



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

These classes begin on **August 21, 2017** and end on **December 8, 2017!!**

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.

Class Number	Course/Section Number	Time	Days	Room
13499	ES/L 113 S03	11:45AM - 1:10 PM	MW	Bldg. 1700 H202
13500	ES/L 113 S05	1:20 PM - 2:45 PM	MW	Bldg. 1700 H202

ES/L 113 begins August 21, 2017 and ends December 8, 2017

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]

Class Number:	Course/Section Number	Time	Days	Room
18341	ES/L 106 - S01	2:55 PM – 4:20 PM	MW	544

ES/L 106 begins August 21, 2017 and ends December 8, 2017