



**DISABILITY SUPPORT SERVICES
PERSONAL DEVELOPMENT CLASSES
Fall 2018**

Classes begin August 20, 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 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: **606226** Room: S108 Dates: 8/20/18-12/7/18
Day and Time: TBA 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: **606272** Room 436 Dates 8/21/18-12/7/18
Day and Time: TTH 8:35 - 10:00 am

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: **606263** Room 436 Dates: 8/21/18-12/7/18
Day and Time: T 10:10 - 11:00 am
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: **606264** Room 421 Dates: 8/20/18-12/7/18
Day and Time: M 10:10 - 11:00 am
W 10:10 – 11:15 am

PD 21 – 23 ADAPTED COMPUTER SUPPORT LAB 1-3 units
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: **606265** Course Number: PD 21 S01 Room 421
Class Number: **606266** Course Number: PD 22 S01 Day and Time: TBA
Class Number: **606267** Course Number: PD 23 S01 Dates: 08/20/18 - 12/07/18

To request this material in alternate media, please call voice (619) 482-6512 or VP (619) 207-4880.

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: **606273**

Room 436

Dates: 8/20/18-12/7/18

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

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: **606254**

Room: ONLINE

Dates 8/20/18 – 12/7/18

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

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

Class Number: **606258**

Room 436

Dates 8/20/18 – 10/8/18

Day and Time: MW 8:35 – 9:40 am

PD 101-S02 ORIENTATION TO COLLEGE**1 unit**

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

Class Number: **606259**

Room 436

Dates 10/15/18-12/3/18

Day and Time: MW 8:35 – 9:40 am

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: **606261**

Room 436

Dates: 8/20/18 – 12/7/18

Day and Time: MW 11:45 – 1:10 pm

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.

Dates 8/20/18 – 12/7/18

Class Number: **605442**

Course: ES/L 113 S03

Time: 11:45 am – 1:10 pm

Days: MW

Room: Bldg. 1700 H202

Class Number: **605443**

Course ES/L 113 S05

Time 10:10 am – 11:35 pm

Days: TTH

Room Bldg. 1700 H202

ES/L 121-02 Adapted Aquatic Fitness**1 unit**

Provides instruction in aquatic exercise to students with disabilities and chronic diseases. Utilizes total body workouts that incorporate water-resistive exercises for cardiorespiratory, muscular endurance, and flexibility training. [D; CSU;UC]

Class Number: **610435**

Room WARM

Dates: 8/20/18-12/7/18

Day and Time: MW 1:20 – 2:45 pm

To request this material in alternate media, please call voice (619) 482-6512 or VP (619) 207-4880.

TUITION FREE NONCREDIT CLASSES LISTED BELOW!

Applications available for these noncredit classes at the DSS Office or online at the [SWC Continuing Education Web Page](#)

NC 102-01 Occupational Opportunities

No units

Provides students with disabilities an overview of how to develop and pursue various employment goals. Introduces the emerging occupations based on the current labor market. Exposes students to job readiness tools and approaches to meet the psychological, social and intellectual demands of employment.

Dates: 8/23/18 – 12/6/18

Day and Time: TH 9 – 11:50 am

Room 662

NC 105-01 Independence, Social, and Study Strategies

No units

Addresses the needs of college students with autism. Assists students in developing 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

Dates: 8/23/18 – 12/6/18

Day and Time: TH 9 - 10:50 am

Room 201 A

No Class: 11/22/18

NC 107-01 Building Social Skills for College

No units

Provides students with disabilities support in developing foundational social skills. Focusses 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.

Dates: 8/22/18 – 12/7/18

Day and Time W 1:30 - 4:20 pm

Room 436

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