



DISABILITY SUPPORT SERVICES PERSONAL DEVELOPMENT CLASSES FALL 2025

FALL 2025 classes begin on **August 25th, 2025!**

Contact **Disability Support Services (DSS)** for more information.

Phone: (619) 482-6512 - **VP:** (619) 207-4480

PD 1 - S01	SPEECH LANGUAGE HEARING ASSISTANCE	0.5 Units
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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.

Instructor:	M. Mendoza	Room: 68-108
Day & Time:	Contact DSS for more information.	Dates: 8/25/2025 - 12/14/2025

**Obtain add code from DSS to register*

PD 7 - S01	MEMORY SKILLS	3 Units
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Designed to offer special instruction to students with memory problems. Teaches students to locate, identify, organize, and recall using advanced strategies.

Instructor:	C. Garibay-Taylor	Room: 28-112
Day & Time:	T, Th 8:35-10:00am	Dates: 8/25/2025 - 12/14/2025

PD 9 - S01	ADULT LEARNING ASSESSMENT	0.5 Units
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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. Pass/No Pass Only [ND]

Instructor:	J. Gardea	Room: 68-108
Day & Time:	Scheduled by appointment via DSS	Dates: 8/25/2025 - 12/14/2025

PD 12 - S01	ORAL LANGUAGE AND COMPREHENSION SKILLS	2 Units
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Offers special instruction to students with disabilities in vocabulary development, acquisition, and recall.

Instructor:	J. Gardea	Room: 28-112
Day & Time:	T 10:10-11:00am Th 10:10-11:15am	Dates: 8/25/2025 - 12/14/2025

PD 18 - S01	ADAPTED COMPUTER INSTRUCTION	2 Units
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Introduces students with disabilities to basic computer vocabulary, functions of computers, and common computer software applications using adapted technology. Provides specialized computer delivered instruction to improve information processing/composing skills adapted to the needs of the individual student's disability.

Instructor:	J. Sandoval	Room: 68-108
Day & Time:	M 10:10-11:00am W 10:10-11:15am	Dates: 8/25/2025 - 12/14/2025

PD 100D	LIFELONG SUCCESS	3 Units
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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.

PD-100D-S501

Instructor:	Allen Chu	Room: ONLINE
Day & Time:	ONLINE	Dates: 8/25/2025 - 12/14/2025

PD-100D-S502

Instructor:	Maria Constein	Room: ONLINE
Day & Time:	ONLINE	Dates: 8/25/2025 - 12/14/2025

PD 101D	ORIENTATION TO COLLEGE	1 Unit
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Designed to assist students in obtaining skills and knowledge necessary to reach their educational objectives. Includes career exploration, time management, campus resources, decision making, and educational planning.

Instructor:	Brandi Bass	Room: 68-108
Day & Time:	M, W 8:35-9:40am	Dates: 8/25/2025 - 10/17/2025

PD 110	COLLEGE SUCCESS SKILLS	3 Units
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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.

PD-110-S01

Instructor:	Brandi Bass	Room: 28-112
Day & Time:	M,W 10:10-11:35am	Dates: 8/25/2025 - 12/14/2025

PD-110-S501

Instructor:	Brandi Bass	Room: ONLINE
Day & Time:	ONLINE	Dates: 8/25/2025 - 12/14/2025



SOUTHWESTERN COLLEGE EXERCISE SCIENCE CLASSES FALL 2025

ES/S classes are small group exercise classes designed for those needing a little more attention due to chronic disease or disability.

Contact instructor **Toni Pfister** for questions & more information at: tpfister@swccd.edu

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ES/S 108 501	ADAPTED GENTLE YOGA	1 Unit
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Introduces gentle yoga postures and movements. Emphasizes muscular endurance, balance, flexibility, and relaxation through modified traditional yoga postures, breathing, and stretches. Integrates Yoga philosophy and awareness of body into fitness program and lifestyle. There are no mandatory class meeting times.

Instructor	Time	Days	Room	Dates
Toni Pfister	ONLINE	ONLINE	ONLINE	8/25/2025 - 12/14/2025

ES/S 113 01	ADAPTED PERSONAL FITNESS	1 Unit
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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.

Instructor	Time	Days	Room	Dates
Toni Pfister	10:10-11:35am	T & Th	70-202	8/25/2025 - 12/14/2025