



FALL 2026

Personal Development classes offered through Disability Support Services (DSS)

PD 100 - Lifelong Success

Applies physiological, social, and psychological principles to college, work and life success. Uses assessment of personality, interests, abilities, and values to identify major and career options. Uses learning styles, psychological principles of learning, life management, and creative and critical thinking techniques to promote health and lifelong learning. **3 UNITS**

PD-100-S01

Day/Time: M, W / 1:20 PM - 2:45 PM

Room: 28-112

Dates: 8/24/2026 - 12/13/2026

PD-100-S501

Day/Time: ONLINE

Room: ONLINE

Dates: 8/24/2026 - 12/13/2026

PD-100-S502

Day/Time: ONLINE

Room: ONLINE

Dates: 8/24/2026 - 12/13/2026

PD 101 - Orientation to College

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. **1 UNIT**

PD-101-S01

Day/Time: M, W / 8:35 AM - 9:40 AM

Room: 28-112

Dates: 8/24/2026 - 10/16/2026

PD 110 - College Success Skills

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. **3 UNITS**

PD-110-S01

Day/Time: M, W / 10:10 AM - 11:35 AM

Room: 28-112

Dates: 8/24/2026 - 12/13/2026

PD-110-S501

Day/Time: ONLINE

Room: ONLINE

Dates: 8/24/2026 - 12/13/2026

Disability Support Services

Email: dss@swccd.edu - Phone: (619) 482-6512 - VideoPhone: (619) 207-4480

PD 1 - Speech Language Hearing Assistance

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. **0.5 UNITS**

PD-1-S01

Day/Time: Contact DSS for more information

Room: 68-108

Dates: 8/24/2026 - 12/13/2026

PD 7 - Memory Skills

Designed to offer special instruction to students with memory problems. Teaches students to locate, identify, organize, and recall using advanced strategies. **3 UNITS**

PD-7-S01

Day/Time: Tuesdays & Thursdays from 8:35 AM - 10:00 AM

Room: 28-112

Dates: 8/24/2026 - 12/13/2026

PD 9 - Adult Learning Assessment

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. **0.5 UNITS**

PD-9-S01

Day/Time: Scheduled by appointment via DSS

Room: 68-108

Dates: 8/24/2026 - 12/13/2026

PD 12 - Oral Language & Comprehension Skills

Provides instruction to students on oral and written language to include auditory and reading comprehension, cognitive skills, pragmatics, vocabulary development, and expressive language skills. **2 UNITS**

PD-12-S01

Day/Time: Tuesdays from 10:10 AM - 11:00 AM & Thursdays from 10:10 AM - 11:15 AM

Room: 28-112

Dates: 8/24/2026 - 12/13/2026

PD 18 - Adapted Computer Instruction

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. **2 UNITS**

PD-18-S01

Day/Time: Mondays 10:10 AM - 11:00 AM & Wednesdays 10:10 AM - 11:15 AM

Room: 26-108

Dates: 8/24/2026 - 12/13/2026



FALL 2026

Exercise Science (ES/S) Classes

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.

ES/S 108 - Adapted Gentle Yoga

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 meeting times. **1 UNIT**

ES/S-108-501

Instructor: Toni Pfister
Day/Time: ONLINE TBD
Room: ONLINE TBD
Dates: 8/24/2026 - 12/13/2026

ES/S 113 - Adapted Personal Fitness

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. **1 UNIT**

ES/S-113-01

Instructor: Toni Pfister
Day/Time: Tuesdays & Thursdays from 10:10-11:35 AM
Room: 70-202
Dates: 8/24/2026 - 12/13/2026