SUMMER 2026

Personal Development classes offered through Disability Support Services (DSS)

PD 100 - Lifelong Success

A 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. **3 UNITS**

PD-100-S601
Instructor: J. Gardea
Day/Time: M, T / 1:20 PM - 3:10 PM
Room: 28-112
Dates: 6/8/2026 - 7/23/2026

PD-100-S501
Instructor: M. Constein
Day/Time: ONLINE
Room: ONLINE
Dates: 6/15/2026 - 7/30/2026

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
Instructor: J. Gardea
Day/Time: M, T, W, Th / 9:00 AM - 11:05 AM
Room: 28-112
Dates: 7/27/2026 - 8/6/2026

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, T, W, Th, / 8:25 AM - 10:15 AM
Room: 28-112
Dates: 6/8/2026 - 7/23/2026

Disability Support Services

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