

SPRING 2027

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-S501
Day/Time: ONLINE
Room: ONLINE
Dates: 2/1/2027 - 5/28/2027

PD-100-S502
Day/Time: ONLINE
Room: ONLINE
Dates: 2/1/2027 - 5/28/2027

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-S501
Day/Time: ONLINE
Room: ONLINE
Dates: 2/1/2027 - 5/28/2027

PD-110-S502
Day/Time: ONLINE
Room: ONLINE
Dates: 4/5/2027 - 5/28/2027

PD 14 - Vocabulary Development & Word Recall

Offers strategies to improve oral and written vocabulary, word retrieval skills for college-level language expression, and memory for new vocabulary learned.
3 UNITS

PD-14-S02
Day/Time: Mondays & Wednesdays from 1:20 PM - 2:45 PM
Room: 28-112
Dates: 2/1/2027 - 5/28/2027

Disability Support Services

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

SWC SOUTHWESTERN COLLEGE

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: 2/1/2027 - 5/28/2027

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. Pass/No Pass Only **0.5 UNITS**

PD-9-S01
Day/Time: Scheduled by appointment via DSS
Room: To Be Determined
Dates: 2/1/2027 - 5/28/2027

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: 2/1/2027 - 5/28/2027



Exercise Science Classes (ES/S)

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** at **tpfister@swccd.edu** for more information.

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. **1 UNIT**

ES/S-108-501 - ONLINE

ES/S 113 Adapted Personal Fitness

Assists students with disabilities and chronic diseases in utilizing the muscle fitness and cardio equipment. Includes general flexibility, strengthening, and muscular fitness exercises to aid in body maintenance and cardiovascular conditioning. **1 UNIT**

ES/S-108-501 - Meets Tuesdays & Thursdays from 10:10 AM to 11:35 AM