



DISABILITY SUPPORT SERVICES PERSONAL DEVELOPMENT CLASSES SPRING 2025

SPRING 2025 classes begin on **February 3rd, 2025!**

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

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

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| 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.

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| Instructor: | M. Mendoza | Room: 68-108 |
| Day & Time: | Contact DSS for more information. | Dates: 2/3/2025 - 5/30/2025 |

Obtain add code from DSS to register

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| 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.

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| Instructor: | TBD | Room: 28-112 |
| Day & Time: | T, Th 8:35-10:00am | Dates: 2/3/2025 - 5/30/2025 |

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| 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]

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| Instructor: | J. Gardea | Room: 68-108 |
| Day & Time: | Scheduled by appointment via DSS | Dates: 2/3/2025 - 5/30/2025 |

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| PD 14 - 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.

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| Instructor: | K. Magat | Room: 28-112 |
| Day & Time: | T, Th 10:10-11:00am | Dates: 2/3/2025 - 5/30/2025 |

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| PD 18 - S01 | ADAPTED COMPUTER INSTRUCTION | 2 Units |
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Provides an overview of all adapted hardware and software in the DSS High Tech Center.

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| Instructor: | J. Sandoval | Room: 68-108 |
| Day & Time: | M 10:10-11:00am W 10:10-11:15am | Dates: 2/3/2025 - 5/30/2025 |

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| PD 100 | 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-100-S501

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| Instructor: | Allen Chu | Room: ONLINE |
| Day & Time: | ONLINE | Dates: 2/3/2025 - 5/30/2025 |

PD-100-S502

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|------------------------|----------------|------------------------------------|
| Instructor: | Maria Constein | Room: ONLINE |
| Day & Time: | ONLINE | Dates: 2/3/2025 - 5/30/2025 |

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| 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

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| Instructor: | Brandi Bass | Room: 28-112 |
| Day & Time: | M,W 10:10-11:35am | Dates: 2/3/2025 - 5/30/2025 |

PD-110-S501

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| Instructor: | Brandi Bass | Room: ONLINE |
| Day & Time: | ONLINE | Dates: 2/3/2025 - 5/30/2025 |



SOUTHWESTERN COLLEGE EXERCISE SCIENCE CLASSES SPRING 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

The Spring 2025 semester begins on **February 3rd, 2025** and ends on **May 30th, 2025**.

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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 | 2/3/2025 - 5/30/2025 |

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| 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 | 2/3/2025 - 5/30/2025 |

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| ES/S 121 02 | ADAPTED AQUATIC FITNESS | 0.5 Units |
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Introduces gentle yoga postures and movements. Emphasizes muscular endurance, balance, flexibility, and relaxation through modified traditional yoga postures.

| Instructor | Time | Days | Room | Dates |
|-------------------|-------------|-------------|-------------|-----------------------|
| Toni Pfister | 1:20-2:45pm | T & Th | 70-WARM | 3/17/2025 - 5/16/2025 |