



**Disability Support Services  
Summer 2022  
Personal Development Classes**



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**PD 100                                      LIFELONG SUCCESS                                      3 Units**

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**  
Course #: **640627**

Day & Time: ONLINE  
Dates: 06/13/22 TO 07/28/22

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**PD 101                                      ORIENTATION TO COLLEGE                                      1 Unit**

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. [D; CSU]

**PD-101-S01**  
Course #: **641567**

Day & Time: MTWTh 10:30 am – 12:35 pm  
Class Dates: 06/13/22 TO 6/23/22  
Room: 28-112

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**PD 110                                      COLLEGE SUCCESS SKILLS                                      3 Units**

Comprehensive course designed to assist students in attaining lifelong academic, professional, and personal success. Includes critical thinking and analysis; time and task management; learning styles; personal and educational goals and values; physiological and psychological health; memory and concentration; academic study strategies and use of college resources. [D; CSU]

**PD-110-S01**  
Course #: **641457**

Day & Time: MTWTh 08:25 am – 10:15 am  
Class Dates: 06/13/22 TO 07/28/22  
Room: 28-112

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**ES/S-106-501                                      ADAPTED FLEXIBILITY FITNESS                                      0.5-1 UNITS**

Introduces stretching techniques that are designed to increase range of motion. Emphasizes safe, effective and progressive techniques to improve joint health. Reduces risk of injury, increases flexibility, and improves body awareness. [D; CSU; UC]

Course #: **640413**

Day & Time: TBA  
Class Dates: 06/13/22 TO 08/04/22  
Room: ONLINE

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To request this material in alternate media, please call voice (619) 482-6512 or VP (619) 207-4480.

