

# Southwestern College



**WHERE YOU ARE WELCOME.  
WHERE YOU BELONG.**

**APPLY TODAY!**  
**Spring** classes begin  
Monday, **JANUARY 29**

**Second 8-week** session  
starts, **APRIL 2**

**Featuring:**  
**Dual Enrollment for  
High School Students**, pg. 4  
**Smart Schedules**, pg. 5  
**Weekend College**, pg. 6

**INFORMACIÓN EN ESPAÑOL**,  
pagina 4



For a **full listing** of class offerings, visit:  
**[www.swccd.edu/spring](http://www.swccd.edu/spring)**





## MESSAGE FROM THE SUPERINTENDENT/PRESIDENT

Welcome to Southwestern College. Congratulations on your decision to pursue your educational goals. As a Southwestern College graduate, I know very well the multiple priorities students manage in working to complete their higher education. A college degree, certificate, and/or credential is more important than ever. According to an April 2022 study by the San Diego Regional Economic Development Corporation, 84% of the jobs in San Diego County require college level skills. With that in mind, we invite you to explore our offerings and five convenient locations. Our goal at Southwestern College is to provide you with a safe, world class learning experience—one that will transform your life, your family's lives, and the lives of all students who enroll at the college. We celebrate the value and unique experiences you will bring to the college. Let me be the first to welcome you to the Jaguar family.

Mark Sanchez, Ed.D.  
Superintendent/President

### FREE TUITION!

The Southwestern College Promise Program provides **FREE TUITION FOR THE FIRST TWO YEARS OF COLLEGE.**

Whether you just graduated high school or took a few years to come back to college, you could be eligible for the Promise Program. We are here to support our students through the Free Application for Federal Student Aid (FAFSA) process.

For more information, visit: [www.swccd.edu/promise](http://www.swccd.edu/promise) or scan the QR code.



## STUDENT SUPPORT AND SERVICES

Through our student support and services, you'll gain access to programs that will help you complete your educational journey at Southwestern College. Many of our support services are available at the César E. Chávez Student Services Center on the Chula Vista campus, and you can find similar services at our other Higher Education Centers.



### CAREER & TRANSFER CONNECTIONS

Make informed decisions about your transfer and career options. We provide access to events, services, and resources, so you can understand your major, careers, job/internship opportunities, and/or transferring to a 4-year college/university.

**DREAMER CENTER** Connect to services and resources collected specifically for undocumented students. The Dreamer Center builds community by orienting you and your family to college. We help you navigate college life, including providing help filing financial aid applications, providing health referrals and preparing you for transfer or life after college.

### DUAL ENROLLMENT OPPORTUNITIES

High school students can enroll in college courses for free! The courses are taught by college professors at your high school or at Southwestern College. To learn more about how these courses can count towards a high school diploma and give you a head start on your higher education goals, **call (619) 482-6482**.

### LEARNING COMMUNITIES/FIRST YEAR EXPERIENCE (FYE)

Make social and academic connections through our Learning Communities and the First Year Experience. Enroll in common courses that use targeted themes, readings, and assignments. Connect with faculty and counselors dedicated to your learning community cohort and develop lasting connections and friendships.



### QUESTIONS?

Contact the  
**Jaguar Call Center**  
at **(619) 482-6482**

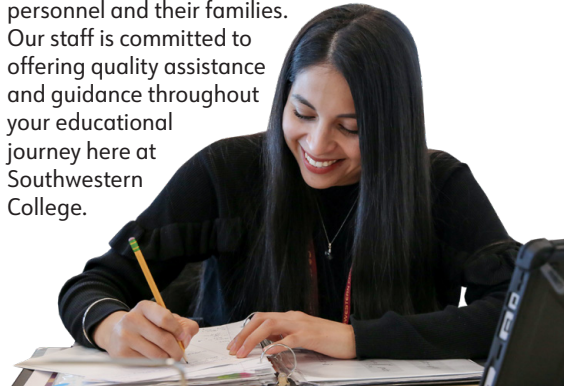
Scan the QR Code for more details.

**STUDENT EMPLOYMENT** Through our Career and Transfer Connections office, we can connect you to training and employment opportunities on and off campus. We'll support your job search and application process with workshops on resume writing, and interview techniques. Earn college credit while acquiring on-the-job skills through Cooperative Work Experience Education (CWEE).

**SWC CARES/BASIC NEEDS** SWC Cares is a campus-wide initiative that centralizes the many resources at SWC. A number of programs are available that can help you in school and at home so you can thrive in the classroom. If you are a student in need of basic assistance—food, housing, transportation, textbooks, technology or other resources—SWC Cares is here to support you.

**TUTORING** In person or online, you can access free tutoring to support your academic success. We offer tutoring in many subjects and at various locations. For more information, visit [swccd.edu/tutoring](https://swccd.edu/tutoring). Current students can make an appointment with a tutor at <https://sarsanywhere.swccd.edu/esars/tutoring>.

**VETERANS SERVICES** We provide resources, support and advocacy to veterans, active military personnel and their families. Our staff is committed to offering quality assistance and guidance throughout your educational journey here at Southwestern College.



Southwestern College  
tiene **una multitud de**  
**recursos** que te ayudarán a  
lograr tus metas académicas.

### AYUDA FINANCIERA

¿No sabes cómo pagar tus estudios? La oficina de Ayuda Financiera puede ayudarte

### ESTUDIANTES DE PREPARATORIA

Alumnos que están inscritos en la preparatoria pueden inscribirse a Southwestern College **GRATIS** por medio de Dual Enrollment. ¡Adelanta tus estudios universitarios hoy!

### DREAMER CENTER

Centro de servicios y recursos para alumnos indocumentados

### CINCO UBICACIONES

Estamos a tu alcance con cinco ubicaciones en: **Chula Vista, Coronado, National City, San Ysidro y Otay Mesa.**

Para más información: visita [www.swccd.edu/spring](http://www.swccd.edu/spring), el campus más cercano, o llama al (619) 482-6482.



# JAGUAR JOURNEY

**DUAL ENROLLMENT. HIGH SCHOOL AND COLLEGE AT THE SAME TIME!** Take college-level courses, earning credits that count toward both your high school diploma and future college degree.

**CAREER EDUCATION.** Receive quality, hands-on skills that allow you to thrive in the workforce. Programs include Nursing, Culinary Arts, Automotive Technology, and more.



**TRANSFER STUDIES. IS UNIVERSITY YOUR ULTIMATE GOAL?** Why not start with us? It's more affordable, and you can still transfer to your dream institution. Southwestern College students have transferred to SDSU, UCSD, Harvard, and other prestigious colleges.



Scan the QR Code for more details.

**WHATEVER YOUR GOAL IS,  
LET SOUTHWESTERN COLLEGE  
BE PART OF YOUR JOURNEY.**

*Financial Aid is available.*





# SMART SCHEDULES

**A PLANNED PATH, WITH CLEAR DIRECTION!**

Southwestern College is your choice to begin a four-year university degree and/or earn the credentials for high-paying jobs. Through our Associate Degree for Transfer (ADT), complete the first two years of your undergraduate degree with classes that cost just **\$46 per unit**.

## WHAT ARE SMART SCHEDULES?

Smart Schedules allow you to enroll full-time in classes that are guaranteed to be available for your four-semester sequence to complete a Degree for Transfer. These **Smart Schedules consist of grouped classes that follow a path for four consecutive semesters**, with a guarantee of no-cancellation of these class offerings to students. Smart Schedules are offered in a consecutive semester-by-semester structure:

Fall, Spring, Fall, Spring  
(not offered Summer term)

For a complete listing of smart schedule classes, visit [www.swccd.edu/schedule](http://www.swccd.edu/schedule). Under 'Class Schedule Search', select **Course Type 'Smart Schedule'** or **explore a wide range of our additional offerings**.

### PSYCHOLOGY ADT (01855)

SEMESTER 1	UNITS	DAYS	LOCATION	ROOM	TIME
PSYC 101-22	3	TTh	CV	35-112	1:20-2:45 p.m.
COMM 103-16	3	TTh	CV	28-116	11:45 a.m.-1:10 p.m.
ENGL 115-19	4		CV	29-107	9:30-11:35 a.m.
PSYC/ SOC 270-09	3	F	CV	35-109	8:25-11:35 a.m.
PSYC/ SOC 271-03	1	F	CV	63A-104	11:45 a.m.-2:50 p.m.

TOTAL SEMESTER UNITS: 14

SEMESTER 2	UNITS	DAYS	LOCATION	ROOM	TIME
ENGL 116-13	4	MW	CV	TBA	1:20-3:25 p.m.
MAS 142-03	3	TTh	CV	TBA	8:35-10 a.m.
PSYC 230-03	3	TTh	CV	TBA	10:10-11:35 a.m.
PSYC 201-03	1	Th	CV	TBA	2:20-3:10 p.m.
PSYC 255-01	3	MW	CV	TBA	10:10-11:35 a.m.
ES-1216-01	1	MW	CV	TBA	11:45 a.m.-1:10 p.m.

TOTAL SEMESTER UNITS: 15

SEMESTER 3	UNITS	DAYS	LOCATION	ROOM	TIME
BIOL 100-11	3	TTh	CV	TBA	8:35-10 a.m.
BIOL 101-02	1	M	CV	TBA	8:25-11:35 a.m.
PSYC 211-03	3	MW	CV	TBA	11:45 a.m.-1:10 p.m.
PSYC 260-01	3	TTh	CV	TBA	10:10-11:35 a.m.
HUM 140-01	3	MW	CV	TBA	1:20-2:45 p.m.
ART 104-07	3	TTh	CV	TBA	11:45 a.m.-1:10 p.m.

TOTAL SEMESTER UNITS: 16

SEMESTER 4	UNITS	DAYS	LOCATION	ROOM	TIME
COMM 174-01	3	TTh	CV	TBA	8:35-10 a.m.
HIST 100-05	3	MW	CV	TBA	8:35-10 a.m.
PSYC 106-04	3	TTh	CV	TBA	11:45 a.m.-1:10 p.m.
GEOL 100-02	3	MW	CV	TBA	10:10-11:35 a.m.
HUM 112-01	3	TTh	CV	TBA	10:10-11:35 a.m.

TOTAL SEMESTER UNITS: 15

TOTAL ASSOCIATE DEGREE TRANSFER (ADT) UNITS: 60

Sample Smart Schedule for Psychology

Course Type

Select Course Type

- Select Course Type
- Basic Skills
- College Bound Class
- Coop Work Experience
- Eight Week First Session
- Eight Week Second Session
- Honors Optional
- Hybrid Class
- IGETC Area 7
- Online/Distance Education
- Smart Schedule**
- Spring Intersession
- Weekend College
- Zero Textbook Cost

Clear

Search



Disclaimer:  
Smart Schedule offerings  
are available on a first-come,  
first-serve basis.

For more information visit:  
[www.swccd.edu/smart](http://www.swccd.edu/smart)

or scan the QR Code. For in-person  
assistance, visit one of our five  
convenient locations.



# HIGHER EDUCATION CENTER AT NATIONAL CITY

# WEEKEND



# College

CLASSES AND  
STUDENT SERVICES  
NOW OFFERED  
ON WEEKENDS  
AT THE **HIGHER  
EDUCATION  
CENTER AT  
NATIONAL CITY**

880 National City Blvd.  
National City, CA 91950  
(619) 216-6665

**REGISTER  
TODAY!**

Spring classes  
begin Monday,  
**JANUARY 29**



## Looking for Weekend classes?

**NO TIME TO ENROLL FULL-TIME? NO PROBLEM.**

Our National City campus is offering some of the most popular courses that will help you earn credits for your general education sequence. Classes offered on Saturdays and Sundays in various modalities, such as in-person, hybrid and/or online.

The National City campus is also offering two popular short-term career education programs: **optical technician** (NC010) and **income tax preparation** (NC009). Just want to get in better shape or have fun? Enroll in a variety of fitness or enrichment classes.

Visit [www.swccd.edu/schedule](http://www.swccd.edu/schedule) for additional Weekend College classes. Under 'Class Schedule Search' select **Course Type 'Weekend College'** to view all of our Weekend College course offerings.



Scan the QR Code for  
more information.



## WEEKEND COLLEGE CREDIT OFFERINGS

Course	Title	Days	Time	Start Date	End Date
ART 104-77	Introduction to Art	SUN	12-3:10 p.m.	1/29/24	5/24/24
ASL 101-675	American Sign Language I*	SAT	9-11:50 a.m.	1/29/24	5/24/24
BIOL 100-75	Principles of Biology	SAT	9 a.m.-12:10 p.m.	1/29/24	5/24/24
BIOL 101-75	Principles of Biology Lab	SAT	12:30-3:40 p.m.	1/29/24	5/24/24
BIOL 185-675	Biology of Alcohol/Other Drugs*	SAT	9-10:50 a.m.	1/29/24	5/24/24
BIOL 260-75	Human Anatomy	SAT	8 a.m.-12:25 p.m.	1/29/24	5/24/24
		SUN	8 a.m.-12:10 p.m.		
BIO 261-75	Principles of Human Physiology	SAT/SUN	9 a.m.-12:10 p.m.	1/29/24	5/24/24
BIOL 265-76	General Microbiology	FRI	5-9:25 p.m.	1/29/24	5/24/24
		SUN	9 a.m.-1:10 p.m.		
CD 176-75	Music/Movement-Young Children	SAT	9 a.m.-12:10 p.m.	1/29/24	5/24/24
CHEM 100-78	Introduction to General Chemistry	SAT	8 a.m.-2:30 p.m.	1/29/24	5/24/24
CHEM 100-79	Introduction to General Chemistry	SUN	8 a.m.-2:30 p.m.	1/29/24	5/24/24
COMM 103-75	Oral Communication	SAT	9 a.m.-12:10 p.m.	1/29/24	5/24/24
COMM 104-75	Public Speaking	SUN	9 a.m.-12:10 p.m.	1/29/24	5/24/24
COMM 185-75/FTMA 160-75	Cinema as a Form of Expression	SUN	9 a.m.-12:10 p.m.	1/29/24	5/24/24
ENGL 115-675	College Composition*	SAT	9:30.-11:40 a.m.	1/29/24	5/24/24
HIST 100-75	American Civilization I	SUN	9 a.m.-12:10 p.m.	1/29/24	5/24/24
MAS/SOC 170-77	Critical Issues in Chicana/ Latina Studies	SUN	12-3:10 p.m.	1/29/24	5/24/24
PSYC 101-77	General Psychology	SAT	12-3:10 p.m.	1/29/24	5/24/24
PSYC/SOC 270-75	Statistics for the Behavioral Sciences	SAT	9 a.m.-12:10 p.m.	1/29/24	5/24/24
SOC 101-77	Introduction to Sociology	SUN	12-3:10 p.m.	1/29/24	5/24/24

## WEEKEND CAREER EDUCATION OFFERINGS

**Noncredit Courses (NC courses) are tuition free and fill fast!**

Course	Title	Days	Time	Start Date	End Date
NC 311-75	Optical Technician I	SAT/SUN	8:30 a.m.-12:45 p.m.	2/24/24	3/24/24
NC 312-75	Optical Technician II	SAT/SUN	8:30 a.m.-12:45 p.m.	4/6/24	5/5/24
NC 113-75	Tax Prep/Income Tax Course I	SAT/SUN	9-11:50 a.m.	2/24/24	3/24/24
NC 114-75	Tax Prep/Income Tax Course II	SAT/SUN	9-11:50 a.m.	4/6/24	5/5/24

## WEEKEND WELLNESS OFFERINGS

**Noncredit Courses (NC courses) are tuition free and fill fast!**

Course	Title	Days	Time	Start Date	End Date
NC 1053-75	Art Therapy	SUN	10:30 a.m.-12:20 p.m.	4/7/24	5/12/24
NC 32-75	Tai Chi	SAT	11 a.m.-12:30 p.m.	2/10/24	5/18/24
NC 32-77	Tai Chi	SUN	9-10:50 a.m.	2/10/24	5/18/24
NC 1015-75	Organize Your Life and Have More Time for Fun	SAT	10 a.m.-12:50 p.m.	3/2/24	3/23/24
NC 1001-75	Creating Art from Everyday Objects	SAT	10:30 a.m.-12:10 p.m.	3/9/24	5/11/24

### College Credit Courses

Course	Title	Days	Time	Start Date	End Date
ES/A 101-103/675	Body Sculpt I, II & III*	SAT	11 a.m.-12:50 p.m.	1/29/24	5/24/24
ES/A 131-134/675	Flexibility Fitness I, II, III, & IV*	SAT	9-10:50 a.m.	1/29/24	5/24/24
ES/A 264-266/675	Beginning, Intermediate, & Advanced Yoga*	SAT	9-10:50 a.m.	1/29/24	5/24/24

**\*This is a Hybrid course. On-Campus meetings and online participation are required.**

Graphic Design: Brenda Mora



Southwestern Community College District  
900 Otay Lakes Road  
Chula Vista, CA 91910-7299

**APPLY  
TODAY!**  
Spring classes  
begin Monday,  
**JANUARY 29**

**EXPLORE OUR FIVE  
CONVENIENT LOCATIONS:**

- Chula Vista Campus
- Crown Cove Aquatic Center at Coronado
- Higher Education Center at National City (*offering Weekend College, see pg. 6-7*)
- Higher Education Center at Otay Mesa
- Higher Education Center at San Ysidro

**INFORMACIÓN EN ESPAÑOL,**  
pagina 4

[www.swccd.edu/spring](http://www.swccd.edu/spring)

# Southwestern College

**WHERE YOU ARE WELCOME.  
WHERE YOU BELONG.**



**FOLLOW US ON SOCIAL MEDIA**



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