



First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Email \_\_\_\_\_ Phone \_\_\_\_\_  
 Date \_\_\_\_\_ Ages of Children \_\_\_\_\_

**FALL SEMESTER – AUGUST 25, 2020 – DECEMBER 17, 2020**

Course Title	Day of the Week	Time	To Select Mark (X)
Active Parenting (Ages 5-12)	Tuesday	10:00am	
Next Level Life Skills	Tuesday	10:00am	
Food Talk	Tuesday	10:00am	
Wellness and Fitness	Tuesday	10:00am	
Fostering Family Leaders	Tuesday	12:30pm	
Graphic Design	Tuesday	12:30pm	
A New Way Forward (Females)	Tuesday	6:00-8:00	
Reading Circle	Tuesday	6:00-8:00	
Fatherhood	Tuesday	6:00-8:00	
Microsoft Office Specialist	Tuesday	6:00-8:00	
A New Way Forward (Females)	Wednesday	10:00-12:00	
A New Way Forward (Males)	Wednesday	10:00-12:00	
Reading Circle	Wednesday	10:00-12:00	
African American History	Wednesday	10:00-12:00	
A New Way Forward (Females)	Wednesday	6:00-8:00	
A New Way Forward (Males)	Wednesday	6:00-8:00	
Early Learning Career Pathway Certification	Wednesday	6:00-8:00	
Career Readiness - Workforce Development	Wednesday	6:00-8:00	
Advanced Computer Concepts	Thursday	10:00-12:00	
A New Way Forward (Females)	Thursday	10:00-12:00	
A New Way Forward (Males)	Thursday	10:00-12:00	
Food Talk	Thursday	12:30-2:30	
Financial Foundations	Thursday	12:30-2:30	
Computer Basics	Thursday	12:30-2:30	
Effective Communications and Public Speaking	Thursday	6:00-8:00	
Pillars Plus: A Co-ed Experience	Thursday	6:00-8:00	

**100 Credits Required to Graduate - Six (6) Core Classes and (1) Elective Class**

<u>CORE CLASSES (REQUIRED)</u>	<u>ELECTIVE CLASSES</u>
A New Way Forward (Females) or A New Way Forward (Males) <i>(A New Way Forward, Part One – (10 Credits), A New Way Forward, Part Two - (10 Credits)</i>	Designing Apps - (5 Credits)
Computer Basics or Advanced Computer - (15 Credits)	The Reading Circle - (5 Credits)
Financial Foundations- (15 Credits)	Fostering Family Leaders - (5 Credits)
Next Level Life Skills - (15 Credits)	Wellness and Fitness - (5 Credits)
Parenting (Active Parenting, Little Seeds to Baobab Trees, Fatherhood) - (15 Credits)	Microsoft Office Specialist - (5 Credits)
Career Readiness - Workforce Development - (15 Credits)	Early Learning Career Pathway Certification - (5 Credits)
	Food Talk - (5 Credits)
	Effective Communications and Public Speaking (5 Credits)
	African American History (5 credits)
	Pillars Plus: A Co-ed Experience (5 credits)

## COURSE DESCRIPTIONS

**A New Way Forward:** Discover your greatness! Learn how to manage your stress, build healthy relationships, get rid of the baggage and clutter in your life and start a new way of thinking to bring balance, healing and peace to your life.

**Advanced Computer Concepts:** Ready to take your computer skills into the 21<sup>st</sup> century? Gain skills necessary to compete in today's digital age. Learn how to type and edit documents, create presentations, and manage your computer files in cloud-based or external storage devices.

**Wellness and Fitness:** Discover strategies to achieve basic holistic health. Participate in discussions on your mental, physical, emotional, and nutritional health and well-being. Enjoy quick workouts and follow up reflections. Learn to improve the overall health of your entire family.

**Computer Basics:** This course is designed for those who are new to computers or feel they need to improve their basic computer skills. You will learn how to type and edit documents, send emails, and manage your computer files. At the end of this course, you'll feel more comfortable with computer technology.

**Effective Communications and Public Speaking:** Learn to present yourself well and increase your opportunities for success. Discover useful techniques for improving communication with your family, friends, and work colleagues. Understand various communication skills including verbal and nonverbal interactions, interpersonal communication and nonviolent communication.

**Early Learning Career Pathway Certification:** Earn a certificate to work in early childhood care and education. Learn about the health and safety of children, how children develop and learn, and how to work with children to support their development and learning. (A high school diploma is required.)

**Financial Foundations:** Learn the fundamentals of personal money management, personal spending and saving, budgeting, the cost of using credit and improving your credit score. Understand the skills needed to become an entrepreneur.

**Food Talk:** Learn how to stretch your food dollars, improve nutrition practices, and prevent food-borne illness. Enjoy cooking demonstrations in class and taste the delicious meals afterward. Receive a FREE cookbook at the end of the class.

**Graphic Design:** Learn basic design principles, the design process, and the role the graphic designer plays in society. Discover illustrative drawing and painting and become familiar with traditional and digital tools utilized in the visual arts. Explore how to use professional design software and create designs ready to sell.

**Fostering Family Leaders:** This class is designed to help you reflect and build upon your current strengths so you can advance to a new level of leadership in your home, children's school and in the community at large.

**Microsoft Office Specialist:** The focus will be Excel Associate Certification. It will include training on Modern Workplace and Microsoft Teams.

**Next Level Life Skills:** Live a richer more fulfilling life. “Next Level” is designed to develop practical life skills that can be applied to all aspects of life (i.e. interpersonal relationships, careers and employment, business, parenting, etc.). Learn to deal effectively with the demands and challenges of everyday life.

**Active Parenting:** Are you finding it challenging to discipline your children? Help is on the way! Learn techniques and strategies to improve your communication skills with your child(ren), encourage positive behavior, and strengthen your bonding. ***(This course is designed for parents of children ages 5-12)***

**Fatherhood:** Become the father your children deserve! Learn the importance of being present and active in your child’s life. Learn the impact of being a responsible father who supports his children physically, emotionally, spiritually, and financially.

**Reading Circle:** Develop the joy of reading. In this course, you read very interesting books and discuss them with other parents in your reading circle. The information learned from the books and discussions will improve your skills and ability to write, do math, solve problems, and obtain a job. You'll discover that reading can be a window to a new world!

**Career Readiness - Workforce Development:** Looking for a new job? Looking to switch careers? Start your own business? Sharpen your skills to achieve your life goals. This course will give you the real-life tools and techniques to take your career to the next level, and the **FREE** resources and insight to make your small business a reality. Get FREE one-on-one job coaching, resume writing, and interviewing tips. Speak with leading experts to help you take your small business to the next level.

**African American History:** In this course, you will examine the African American experience from precolonial Africa through the present. You will learn about the historical, cultural, political, economic, and social development of people of African descent; and the leadership of Frederick Douglas, Booker T. Washington, Ida B. Wells-Barnett, Fannie Lou Hamer, W.E.B. Du Bois, Marcus Garvey, Martin Luther King Jr., and Malcolm X among others who changed the course of history.

**Pillars Plus – A Co-Ed Experience:** Males and females interact and gain insight on how to build healthy and harmonious relationships. Through deep and robust conversations they begin to acknowledge and understand the viewpoints of the opposite sex and develop more fulfilling connections. Participants will learn the importance of open and clear communication to establish and maintain wholesome relationships.