



## JWCC College for Life Courses Fall 2021

Tuition due August 6  
Classes start August 16  
College closed September 6  
Thanksgiving holiday November 24-26  
Last day of classes December 3

	Course	CRN	Day	Time	Room	Instructor
	First Year Experience	35056	T	9:00-9:50	D158	Shanna Lonsberry
	Self-Advocacy 1	35108	Th	9:00-9:50	D158	Michele Westmaas
	Workforce Prep	35109	T Th	9:00-9:50	D115	Misty Fierge
	Positive Communication	35110	T Th	10:00-10:50	D158	Sarah Ginster
	Healthy Relationships 2	35111	T Th	10:00-10:50	D115	Misty Fierge
	DIY Adulting 1	35112	T Th	11:00-11:50	D115	Sarah Ginster
	Fitness 2	35113	T Th	11:00-11:50	G112	Shanna Lonsberry
	QU Math	35114	T Th	1:00-1:50	D115	Michele Westmaas
	Medical Advocacy	35115	T Th	1:00-1:50	D158	Shanna Lonsberry
	Cooking for One	35116	T Th	2:00-2:50	D159	Sarah Ginster
	Everyday Scripts 1	35117	T Th	2:00-2:50	D129	Brendan Shea

## **Course Descriptions**

Course: **FYE101 First Year Experience: Blazing Your Trail**

Instructor: Shanna Lonsberry

Tuesdays only 9:00-9:50

Maximum enrollment: 10

Core Course: Required of all 1<sup>st</sup> year certificate students

One Regular Credit Hour\*

Tuition: \$163 in-district, \$273 out-of-district

*FYE 101, Blazing Your Trail, is a required one-credit hour general education course which is typically delivered in the first half of the semester. It is designed to help students build stronger relationships within their college experience, to learn how to learn at the college level, to improve both their soft skills and academic skills, and to establish a stronger foundation upon which to complete their college education.*

Course: **Self-Advocacy 1**

Instructor: Michele Westmaas

Thursdays only 9:00-9:50

Maximum enrollment: 10

Core Course: Required of 1<sup>st</sup> year certificate students

Tuition: \$125

*Students will define and practice self-advocacy and self-determination to live a person-centered life. They will understand and express their interests, strengths, and needs. They will define and practice soft skills for success. They will complete an action plan to achieve personal goals.*

Course: **Workforce Prep**

Instructor: Misty Fierge

Tuesdays and Thursdays 9:00-9:50

Maximum enrollment: 10

Core Course: Required of 3<sup>rd</sup> year certificate students

Tuition: \$250

*Students will explore their interests and career options, develop skills needed to get and keep a job, access vocational rehabilitation services (if applicable), and learn how to get a social security benefits analysis.*

Course: **Positive Communication 1**

Instructor: Sarah Ginster

Tuesdays and Thursdays 10:00-10:50

Maximum enrollment: 10

Core Course: Required of all 1st year certificate students

Tuition: \$250

*Students will learn basic conversation skills such as starting and stopping a conversation, how to manage conversation topics, and advanced conversation skills such as telling a narrative and direct/indirect language.*

Course: **Healthy Relationships 2**

Instructor: Misty Fierge

Tuesdays and Thursdays 10:00-10:50

Maximum enrollment: 10

Core Course: Required of all 3<sup>rd</sup> year certificate students

Tuition: \$250

*Current 3<sup>rd</sup> year students could not complete Healthy Relationships due to Covid. This course completes their learning about critical topics such as relationship rules, recognizing unhealthy relationships, and staying safe from abuse and exploitation.*

Course: **DIY Adulting 1**

Instructor: Sarah Ginster

Tuesdays and Thursdays 11:00-11:50

Maximum enrollment: 10

Elective: Open to all students

Tuition: \$250

*Young adults are often surprised by unexpected tasks of daily living. Students will learn and practice common skills and tasks related to adult responsibilities, such as maintaining a home.*

Course: **Fitness 2**

Instructor: Shanna Lonsberry

Tuesdays and Thursdays 11:00-11:50

Maximum enrollment: 10

Elective: Open to all students

Tuition: \$250

*Students will learn lifetime physical fitness principles and explore various health and wellness topics. Students will work on their cardio-respiratory endurance, muscular strength, muscular endurance, and flexibility.*

Course: **QU Math**

Instructors: Michele Westmaas

Tuesdays and Thursdays 1:00-1:50

Maximum enrollment: 10

Elective: Open to all students

Tuition: \$250

*Hands-on math activities and games will help students practice and improve math skills. Topics include basic math, problem solving, practical daily math, and money. This course will be taught by QU education students.*

Course: **Medical Advocacy**

Instructor: Shanna Lonsberry

Tuesdays and Thursdays 1:00-1:50

Maximum enrollment: 10

Elective: Open to all students

Tuition: \$250

*Students will learn skills and gain resources to manage their healthcare needs as they transition from pediatric to adult medical providers.*

Course: **Cooking for One**

Instructors: Sarah Ginster

Tuesdays and Thursdays 2:00 - 2:50

Maximum enrollment: 10

Elective: Open to all students

Tuition: \$250

Supply Fee: \$30

*Students will practice basic cooking skills, food safety, and planning to prepare simple meals and snacks for one person.*

Course: **Everyday Scripts 1**

Instructor: Brendan Shea

Tuesdays and Thursdays 2:00-2:50

Maximum enrollment: 10

Elective: Open to all students

Tuition: \$125

*What do you say when you don't know what to say? Students will use theatre strategies and skills to develop scripts for everyday situations.*