

FREE DSPTS ONLINE CLASSES

SPRING 2021
February 1 to June 11

- ▶ Adaptive Arts and Crafts
- ▶ Cognitive Retraining
- ▶ Communication Skills
- ▶ Food Preparation Basics
- ▶ Beginning Computers
- ▶ Occupational Opportunities
- ▶ Relationships and Sexuality
- ▶ Physical Fitness for Disabled
- ▶ Wellness Management
- ▶ And More...

SAN DIEGO
CONTINUING
EDUCATION



San Diego Continuing Education is a multicultural institution dedicated to providing educational access and lifelong learning opportunities.



Free Disability Support Programs and Services Online Classes

When searching at sdce.edu for a class, use the search drop down menu boxes: **Term** select Spring 2021, **Course Career** select Continuing Education, choose a **Subject** from the drop down menu. Optional; click on additional search criteria drop down menus to identify specific class list. Using a **Course Keyword** i.e account, will identify all courses associated with the keyword.

WORKABILITY III

WorkAbility is a partnership between the California Department of Rehabilitation (DOR) and the San Diego Community College District (SDCCD) that provides comprehensive career counseling services to students with disabilities. Students must be a client of DOR, and enrolled in a Continuing Education class to access this service.

All DSPS classes are delivered online using Canvas, Zoom, or both.

Adaptive Arts and Crafts

(DSPS 653D) Introduction to various art media for students with disabilities. Focus on appreciation, creative expression, tools, techniques, and production of individual projects.

Classes are free. Contact DSPS for information and enrollment.

F 8:45-11:45am **Kozminska, P**
M/T/W 4:00pm **Grossini-Concha**

Basic Education

(DSPS 624D) Instruction for students with disabilities to improve basic academic and communication skills including functional reading, writing, and math.

Classes are free. Contact DSPS for information and enrollment.

M/T/W/Th/F 9:00-12:00pm **Schmitz, F**
M/T/W 8:30-10:00am **Doerner, M**

Beginning Computers

(DSPS 610 D) Help the student with a disability learn basic computer skills with the benefit of a limited class size and individually paced instruction. Includes knowledge of computer components, care and maintenance of hardware, peripherals and accessories, basic operation of a computer and keyboarding skills. Adaptive technology will be made available to facilitate general computer use by students with disabilities.

Classes are free. Contact DSPS for information and enrollment.

T 12:30-2:30pm **Hough, M**

Cognitive Retraining

(DSPS 690D) Introduction for students with acquired brain injuries. Focus on rebuilding a sense of self and providing students with the tools necessary to succeed in important areas of daily living, including interpersonal relationships, work, school and community. Curriculum may include memory strategies, organization and time management, communication skills, personal development and advocacy.

Classes are free. Contact DSPS for information and enrollment.

M/T/W/Th/F 9:00-12:00pm **Contreras L, Szabo, J**
Hoffman-Sperber, J
Miyatake M
M/T/W/Th 12:30-3:30pm **Contreras, L, Jones, M,**
Miyatake M, Szabo J,
Kessler-Heiberg, H
M/T/W/Th 12:00-3:00pm **Turner S, Schmitz L**
W 6:00-9:00pm **Jones, M**

Communication Skills

(DSPS 622D) This course is designed to help the student with a disability to develop or improve effective communication skills.

Classes are free. Contact DSPS for information and enrollment.

M 12:00-2:00pm **Corona, V**

Food Preparation Basics

(DSPS 662D) For students with disabilities to learn basic concepts of food preparation to increase independence at home. Includes basic cooking vocabulary, reading and following recipe instructions, and basic nutrition concepts. Plus activities to teach kitchen safety and sanitation, grocery shopping skills, and budgeting.

Classes are free. Contact DSPS for information and enrollment.

M/W 10:00-11:30am **Hough, M**

Life Management/Career Prep

(DSPS 642D) For students with disabilities to promote independence by teaching career and life planning, and setting short and long term goals. Includes personal development and characteristics for work, job search strategies and techniques, identifying community resources, and developing an action plan.

Classes are free. Contact DSPS for information and enrollment.

T/Th 10:00-11:30am **Hough, M**

Enrollment opens January 4, 2021 at 8 a.m. for spring semester.

Sign up for classes via e-mail, call or text.

Please provide student name, student identification number and class name. Students will be registered on a 'first-come, first-served' basis, in the order that the requests are received.

Students who request a class after it is full will be put on a waitlist.

E-mail: ksalerno@sdccd.edu or rmonzon@sdccd.edu
 Call or Text: 619-880-1315 or 619-736-3124

Note: Requests prior to January 4, 2021 at 8 a.m. will not be honored.



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Occupational Opportunities

(DSPS 639D) Introduction to assist students with disabilities to assess vocational aptitude and interests, and to acquire skills necessary to seek and maintain employment. Use of internet, and assistance with accommodations for success.

Classes are free. Contact DSPS for information and enrollment.

W 12:00-2:00pm Contreras, L

Relationships and Sexuality

(DSPS 605D) Students to explore attitudes and values regarding healthy sexual relationship development. Information will be shared about human anatomy, reproduction, contraception choices, sexual orientation, sexually transmitted infections, sexual coercion, and building relationships with emphasis on the development of positive personal strategies.

Classes are free. Contact DSPS for information and enrollment.

Th 12:00-2:00pm Monzon, R

Physical Fitness for Disabled

(DSPS 621D) Adaptive instruction for students with physical disabilities to improve overall fitness.

PHYSICAL FITNESS: YOGA

Designed to meet the specific needs of the adult with a disability to develop and maintain a level of strength and flexibility to improve the functional abilities which facilitate independence.

Classes are free. Contact DSPS for information and enrollment.

W 4:00-5:30pm Moore, D



Social Skills

(DSPS 609D) For students with disabilities to improve in-person and online social skills. Enhance social interaction skills including unstated rules of social situations, dealing with teasing and bullying, and managing rumors and gossip. Also covers skills related to relationships, verbal and non-verbal communication, conflict resolution, and attending social events.

Classes are free. Contact DSPS for information and enrollment.

T 12:00-2:00pm Corona, V

Wellness Management

(DSPS 656D) This course is designed to teach students with disabilities evidence-based wellness and stress management strategies for academic, personal and workplace success. Topics will include identifying stress, the human stress response system, resiliency, perseverance, and stress management techniques. The course will include activities to enhance strategies to manage stress with specific regard to disability.

Classes are free. Contact DSPS for information and enrollment.

Th 12:30-2:30pm Hough, M

Basic Education for Deaf

(DSPS 624D) This course is designed to help Deaf students improve basic academic, cognitive, and communication skills. The student will learn basic concepts in reading, writing, and numerical concepts. Critical thinking, problem solving, and communication skills will be incorporated into daily lessons to reinforce academic skills.

Classes are free. Contact DSPS for information and enrollment.

M/T/W/Th 800-12:00pm Keller, M



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