

## PACE Course Offerings

This is a list of all PACE classes. See the class schedule for current quarterly class offerings.

*updated 10/26/2020*

PACE Instruction	<b>CLCOM</b> Career Life Skills - Communication
SEER Instruction	<b>CLCP</b> Career Life Skills - Career Preparation
Employment	<b>CLENG</b> Career Life Skills - English
PreETS	<b>CLHUM</b> Career Life Skills - Humanities
	<b>CLHW</b> Career Life Skills - Health/Wellness
	<b>CLLIF</b> Career Life Skills - Lifeskills
	<b>CLSTM</b> Career Life Skills - Science, Technology, Engineering and Math
	<b>CLSER</b> Career Life Skills - Supported Education and Employment Enhancing Rehabilitation (SEER)
	<b>CLEMP</b> Career Life Skills - Employment
	<b>CLPTS</b> Career Life Skills – Pre-Employment Transition Services (PreETS)

<u>Prefix and Course Number</u>	<u>Course Title</u>	<u>Catalog Course Description</u>	<u>Prerequisites</u>
CLCOM 1	Communication Skills 1	Communication skills including introductions and conversations, awareness of communication styles and situations.	None
CLCOM 10	Current Events	Current Events will cover current topics. Students will learn about current news from local to international events. They will learn to identify facts versus opinions. Students will be expected to participate in this seminar-type class. This course will address cultural diversity and global awareness topics.	None
CLCOM 15	Augmented Communication	Augmented Communication will cover types of adaptive and assistive technology that aid in communication.	None
CLCOM 18	Journaling	Journaling will teach students about self-expression through writing. Students will learn about different types of journaling as well as the value of journaling for different purposes, including emotional well-being, stress reduction, and memory improvement.	Basic writing skills, assessed through personal interview with staff.
CLCOM 2	Communication Skills 2	Communication skills including in-depth conversations; expressing opinions; small group presentations. Communication styles. Situational communication.	None
CLCOM 20	Sign Language 1	Sign Language 1 students will engage in conversational signing to provide and obtain information, express feelings, and exchange opinions in a variety of basic topic areas, such as introductions and personal information, family and friends, home and daily living, etc. Students will also learn about deaf culture and history.	None
CLCOM 21	Sign Language 2	Sign Language 2 builds upon the communication skills and understandings developed in SL 1. Students will continue to study the culture of the Deaf community through a variety of thematic units, use SL to communicate for a variety of purposes in a variety of contexts, expand their knowledge of Sign Language and its uses, and further their understanding of deaf culture and history.	CLSOM 20
CLCOM 22	Sign Language 3	Sign Language 3 will continue to build up on the skills and content learned in Sign Language 1 and 2 as well as focusing more on grammar and syntax. Deaf culture and history will also be explored in this course.	CLSOM 21

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CLCOM 30	Theatre/Drama	Learn teamwork, creativity, memorization, performance, confidence, negotiation through the performance of a theatrical piece.	None
CLCOM 5	Public Speaking 1	Public Speaking 1 will cover types of speeches. Students will actively participate in oral presentations.	None
CLCOM 6	Public Speaking 2	Public Speaking 2 will expand on the skills and knowledge learned in Public Speaking 1 in addition to learning and practicing debate. Students will actively participate in oral communication.	CLCOM 5
CLCOM 7	Public Speaking 3	Public Speaking 3 will advanced the skills learned in prior classes through focusing on communication at work, including sales presentations, and "elevator speeches." Students will actively participate in oral communication.	CLCOM 5
CLCP 1	Career Development 1	Career Development 1 will cover basic employability skills including appearance (including appropriate attire), attitude, punctuality, and work ethic.	None
CLCP 10	Employment Enjoyment 1	In Employment Enjoyment 1, students will learn about their personal and professional strengths and weaknesses and how to find a career that aligns. Students will also learn beginning techniques to maintain work / life balance. Students will explore methods to find satisfaction and joy in their work environments.	None
CLCP 11	Employment Enjoyment 2	In Employment Enjoyment 2, students will focus on advanced work/life balance techniques. Students will learn about time management, scheduling, prioritizing, and goal setting.	CLCP 10
CLCP 2	Career Development 2	Career Development 2 will address employability skills including responsibility, dependability, and workplace roles and relationships.	CLCP 1
CLCP 20	Leadership Skills 1	Leadership 1 will teach what leadership is and how students can develop their leadership skills. Students will do service projects for PACE as a part of the class.	None
CLCP 21	Leadership Skills 2	Leadership 2 will teach students intermediate leadership skills including how to advocate for themselves and others. Students will do service projects on campus.	CLCP 20
CLCP 22	Leadership Skills 3	Leadership 3 will cover the roles and responsibilities of leaders, including community, state and local leaders. The meaning and responsibilities of citizenship will also be addressed. Students will participate in community service projects.	CLCP 21
CLCP 25	Job Safety	Students will learn about worksite safety in different environments, including how to maintain their own safety, how to contribute to worksite safety as a whole, and what to do if they are in an unsafe environment.	None
CLCP 3	Career Development 3	Workplace ethics including how to recognize and respond to inappropriate behavior. Job Interviews including how to answer interview questions, how to ask interview questions and what questions are illegal.	CLCP 2

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CLCP 30	Peer to Peer Employment Perspectives	Students will learn from their peers as they address weekly topics related to work. Employed students will bring first hand knowledge to the discussions.	Students must be actively employed.
CLCP 35	Transitions 1	Transitions 1 for students ages 18-25 transitioning to young adults. The course will cover behavior management, decision-making, and personal and career goals.	Ages 18-25
CLCP 36	Transitions 2	Transitions 2 is for students ages 18-25 transitioning to young adults. The course will cover self-control, conflict resolution; and independent living.	Ages 18-25
CLCP 37	Transitions 3	Transitions 3 is for students ages 18-25 who are transitioning to young adult. The course will focus on maintaining employment, social relationships, living responsibly and being a contributing member of the community.	Ages 18-25
CLCP 40	Prep for College Writing	Prep for College Writing will cover essential college skills including note-taking, interpreting lectures and texts, and writing research papers.	Basic writing skills, assessed through personal interview with staff.
CLCP 5	Job Seeking Techniques	Students will create a resume and cover letter, will identify information sources for available jobs, and will complete a job application.	None
CLCP 50	Childcare 1	Students learn basic concepts of child development from infancy to early elementary age. Students prepare to work in child care and have the opportunity to earn STARs certification.	Basic reading and writing skills, assessed through personal interview with staff.
CLCP 51	Childcare 2	Childcare 2 will include a practicum. Additionally, students will learn basic first aid and about sanitation, including how to deal with blood born pathogens.	CLCP 50
CLCP 52	Childcare 3	Childcare 3 will include the recertification training as well as covering advanced topics in childcare.	CLCP 51
CLCP 55	Automotive Basics	Automotive Basics will cover auto maintenance skills, including checking and changing fluids, filters, and belts. Students will learn to mount and balance tires, inspect and service brakes, and how to properly and safely use tools. Students will also learn the basics of all auto systems.	None
CLCP 58	Intro to Entrepreneurship	Exploration and development of entrepreneurial businesses	None
CLCP 60	Food Handler's Card Preparation	Students learn basic food safety and kitchen hygiene. Students prepare to work in the food industry and may have the opportunity to take the food worker card test.	None
CLENG 1	Reading 1	Students learn letters, sounds, and sight words. Lexile level 1: 25-325 and level 2: 350-525.	None
CLENG 10	Creative Writing 1	Students learn basic sentence structure and paragraph compositions through various creative writing assignments including poetry, fairytales and memoirs.	Basic writing skills, assessed through personal interview with staff.
CLENG 11	Creative Writing 2	Students will learn the fundamentals of character and plot development for story writing as well as the five paragraph essay format.	CLENG 10

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CLENG 2	Reading 2	Students improve reading vocabulary and comprehension. Lexile level 3: 550-675 and level 4: 700-775.	CLENG 1
CLENG 20	Creative Reading	Students will be exposed to many different literary genres to spark personal interest. All levels of reading are accepted into this class, where reading for enjoyment will be emphasized as a way to increase fluency.	None
CLENG 3	Reading 3	Students improve reading vocabulary and comprehension. Lexile level 5: 800-875, level 6: 900-950, and level 7: 975-1025.	CLENG 2
CLENG 4	Reading 4	Students improve reading vocabulary and comprehension. Lexile level 8: 1050-1075, level 9: 1100-1125, and level 10: 1150-1125.	CLENG 3
CLENG 5	Reading Workshop	Multi-level reading workshop designed to help students fill in learning gaps and increase fluency.	None
CLHUM 1	Art Appreciation	Students learn art from the Renaissance to the modern era; different artists and art forms; create their own art projects from each era.	None
CLHUM 10	PACE Has Talent	Students will learn to work together to find their own voiced through planning and orchestrating and end of course production that celebrates their talents.	Instructor approval
CLHUM 11	Lifeskills through the Arts 1: Drawing	Students will learn to communicate, express themselves, and reduce stress by learning art skills using drawing, writing, word art, color wheel, watercolor and food.	None
CLHUM 12	Lifeskills through the Arts 2: Painting	Students will learn to communicate, express themselves, and reduce stress by learning art skills using multiple types of paint on different textures.	None
CLHUM 13	Lifeskills through the Arts 3: Multimedia	Students will learn to communicate, express themselves, and reduce stress by learning art skills using different media including glass, fabric, wood, and other materials.	None
CLHUM 14	Lifeskills through the Arts 4: Ceramics	Students will learn to communicate, express themselves, and reduce stress by learning art skills using clay or ceramics.	None
CLHUM 15	Lifeskills through the Arts 5: Advanced Projects	Students will learn to communicate, express themselves, and reduce stress by learning art skills using advanced projects with various media.	CLHUM 11, 12, 13, or 14
CLHUM 2	Music Appreciation	Music Appreciation is an introductory course to music. Students will explore music's various functionalities in order to gain a deeper understanding and appreciation for all types of music. The course begins by examining basic music literacy and core musical elements such as melody, rhythm, harmony, form, and texture. An emphasis will be placed on a using music for stress reduction and relaxation.	None
CLHUM 5	Ethics 1	Students will study the moral issues which arise in the context of the business world, including corporate social responsibility both locally and globally, conflicts of interest, environmental concerns, discrimination and the ethical treatment of employees in the workplace.	None

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CLHW 1	Fit For Life 1: Personal Fitness	This course is designed for students who wish to improve their personal fitness level. The course will concentrate on the five components of fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility, and healthful body composition.	None
CLHW 10	Health and Wellness	Students will focus on the latest trends in health, nutrition, physical activity, and wellness. From stress management and sleep to overall wellbeing, this class will explore personal health, health related attitudes and beliefs, and individual health behaviors.	None
CLHW 15	Healthy Living	Students will learn key elements of a healthy lifestyle, including some exercise options, healthy eating, and basic gardening skills.	None
CLHW 2	Fit For Life 2: Dance	Students will learn and practice basic dance moves for exercise and stamina. Students will also learn how food and nutrition play a key role in improved health.	None
CLHW 3	Fit For Life 3: Low Impact Cardio	Students will explore a variety of topics related to health and wellness through active group practice. This course will focus on low impact, stretching based activities such as yoga or Pilates.	None
CLHW 4	Fit For Life 4: Team Activities	Students will explore a variety of topics related to health and wellness through active group practice. This course will focus on group or team activities, such as pickleball or tennis.	None
CLHW 5	Fit For Life 5: Aerobic Activity	Students will explore a variety of topics related to health and wellness through active group practice. This course will focus on individual aerobic activities, such as aerobics, step aerobics, or Zumba.	None
CLHW 6	Fit For Life 6: Outdoor Fitness	Students will explore a variety of topics related to health and wellness through active group practice. This course will focus on individual outdoor activities, such as hiking, biking or walking.	None
CLLIF 1	Building Healthy Relationships	Students will learn about relationship types including family, friend, living, and work situations. Students will learn to set healthy boundaries and develop healthy relationships. As needed, students will review exploitation and receive community resources. Sexuality & intimacy may be addressed, depending on student needs.	None
CLLIF 10	Cooking for Life	Cooking for Life will teach students to cook healthy, inexpensive foods. Focus will be on developing independent living skills.	None
CLLIF 12	Food and Culture	Students will learn basic concepts of different cultures from around the world and the food that sustains them. This will be a hands on class in which students practice making meals from those cultures.	None
CLLIF 20	Money Smarts 1	Students learn basics of money and budgeting, including types of currency (including credit cards, debit cards, cash, use of ATM, using a Payee). Students will learn about debt and how to set up an emergency fund and savings account and how that relates to SSI.	None

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CLLIF 21	Money Smarts 2	Students learn advanced budgeting skills for independent living, including avoiding scams and setting financial goals. Students will learn about retirement, investing, compound interest, and loans.	None
CLLIF 25	Safety Smarts 1	Students learn how to stay safe at home and in the community. Topics will include home safety planning, and transportation, pedestrian, shopping, medications and emergency services safety skills.	None
CLLIF 3	Community Living	Students learn ways to solve domestic conflicts when living in group situations. Students will learn how to get along with roommates and how to resolve conflicts that may arise when	None
CLLIF 5	Conflict Resolution	Students will learn to identify issues and successfully navigate challenging conversations where emotions run high and positive outcomes are critical. Students will develop skills needed to look at issues from all sides, understand different personal styles, and implement a problem-solving approach to find workable resolutions that strengthen relationships and results.	None
CLLIF 7	Stress Management	Students will learn to recognize stress in their lives. Students will learn to identify positive and negative stress. They will learn skills and techniques to cope with negative stress.	None
CLLIF 9	Disability Rights	Students will learn about disability rights, gain a basic understanding of the types of barriers to access and the nondiscrimination laws that impact the lives of persons with disabilities. Topics will include education, employment, emergency preparedness, accommodations, independent living, disability history, family planning, fair housing, how access to government programs and services, how locate resources and how to file a complaint.	None
CLSTM 1	Math 1	In this basic math class, students learn the tools to solve math problems in everyday life; fundamentals of math and proficiency will be gained through hands-on activities.	None
CLSTM 10	Science 1	Students will be introduced to the basic concepts of Biology, Chemistry, Physics, and Earth Science.	None
CLSTM 11	Geography	This class will include practical instruction in geography to help students understand the world around them. The course will cover physical earth and human systems and meets the global education and cultural diversity topics.	None
CLSTM 2	Math 2	In this intermediate math class, students will learn fractions, multiplication, division, place value, negative numbers, expressions and equations, and statistical thinking.	CLSTM 1
CLSTM 20	Keyboarding	In Keyboarding, students will learn to touch type on the computer keyboard using correct techniques as well as the development of speed and accuracy. Students will be introduced to the formatting of personal and business letters, tables, notes, memos, and reports.	None

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CLSTM 21	Introduction to Online Learning	Students will learn how to access and use current online resources, how to appropriately interact online, and how to successfully participate in an online learning environment.	None
CLSTM 22	Microsoft Office 1	Students will learn how to use Microsoft Office programs, including Word, Excel, and PowerPoint. Students will get hands-on experience that can be applied in an employment setting.	None
CLSTM 23	Microsoft Office 2	Students will learn to use Microsoft Office Word, Excel and PowerPoint at a deeper level. Students will learn to use Outlook for emails and calendaring and will also learn to use Access. Students will develop projects that use skills that can be applied in a workplace setting.	CLSTM 22
CLSTM 25	Tablets and Apps	Students will be introduced to a variety of technology devices, such as tablets, and learn how to use various applications.	CLSTM 20 or 22
CLSTM 28	Video Editing and Production	Students will expand their communication skills by learning to use a film editing application, such as iMovie.	CLSTM 25
CLSTM 3	Math 3	In this advanced math class, students will focus on proportional relationships, operations and linear equation, and geometry.	CLSTM 2
CLSTM 30	Graphic Design Basics	Students will learn the basics of computer based graphic design, including fundamentals like layout, typography, and color composition.	CLSTM 20 or 22
CLSTM 33	Broadcast Media	Learn media types, hands-on production, practice and produce media in the areas of broadcast, digital and print.	None
CLSTM 4	Math 4	In this workplace-readiness math class, students will learn about expressions and equations, functions, geometry, and how math is used in common workplace situations.	CLSTM 3
CLSER 1	Anxiety Relief	The focus of this class is to learn about the causes of anxiety, what students may be doing to perpetuate their anxiety and what they can do to reduce or eliminate it.	None
CLSER 10	Communication Matters	This course encourages you to identify and become skilled at communication behaviors that are productive, effective and appropriate for communication in interpersonal relationships and with peers in work, school or other community/professional settings or relationships.	None
CLSER 12	Financial Literacy	Students will learn how to better manage money even while on a limited or fixed income. The course covers key money concepts, including saving and budgeting strategies and tips for paying off credit card debt. An emphasis will be placed on the way in which finances affect mental health.	None
CLSER 14	Fit for Life	Students will independently access SFCC's fitness center for physical conditioning. Suggested attendance is 1-2 times per week. This self-paced class emphasizes the role of physical fitness in promoting mental health, wellness and stress management.	None

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CLSER 16	Getting Organized and Intentional	This class will help students develop the skill set and mind set to get and stay organized, better manage time and work towards achieving goals.	None
CLSER 18	Health and Wellness	This class will help students in their pursuit of health and wellness. Students will explore the five areas of wellness and decide what areas in their lives need work. Students will set up a plan to make some movement in that direction.	None
CLSER 20	Know Thyself	This class will help students learn more about themselves so that they can experience the benefits of self-knowledge, which include more happiness, less inner conflict, better decision making, and more self-control.	None
CLSER 22	Journaling	The art of journaling is recognized as having long-standing benefits for our emotional well-being as well as enhances verbal/written expression in an academic or employment setting. This class focuses on both aspects.	None
CLSER 24	Managing Anger	This course focuses on providing students with the skills and strategies necessary for recognizing and controlling angry feelings and actions.	None
CLSER 26	Self-Compassion	Students will learn about self-compassion as a necessary skill for happiness, personal fulfillment and success.	None
CLSER 28	Self Esteem	This class will explore self esteem, and how it impacts students' emotions and behaviors. Students will learn how to be more confident, resilient, and hopeful about themselves and their futures.	None
CLSER 3	Art & Emotion	In this class, students will take a creative approach to identifying and processing emotions through writing and the use of their creative talents.	None
CLSER 30	Skillful Sleeping	Students will learn about the importance of sleep in their lives. Students will explore methods to improve the quality and quantity of their sleep.	None
CLSER 32	Wellness Recovery Action Plan (WRAP)	Based upon the WRAP model for recovery, students will embark on efforts to help promote stability, improve their quality of life, wellness, personal responsibility and empowerment in preparation for future employment or education through developing additional self-management skills and strategies.	None
CLSER 35	Transition To College	Students learn a multitude of skills for use in the classroom such as management of the information they receive at school, strategies for time management, note taking, reading class material, use of the library and test taking. Students learn about the various resources available to them at the college level. Students also will learn and practice, through class attendance and participation, what comprises a successful student as they ready themselves for credit class enrollment.	None



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CLSER 36	Transition to Work	Students learn about the work environment, skills necessary to obtain competitive employment, resources and supports available to them and ways to use them effectively. Student also learn what comprises a competitive candidate in the current job market and complete preparatory items necessary for referral to SEER's job developer.	None
CLSER 40	Seer Support Group	This course is designed to meet the diverse support needs of individuals pursuing productive activities in their lives and the challenges that may accompany those efforts. Students meet to support one another and share coping strategies. Focus is on accessing community resources and building support systems while pursuing/maintaining productive activity levels.	None
CLSER 45	Individual Support Services	This individualized service is for those students who would like additional support while they are employed/seeking employment, enrolled in credit classes, or pursuing volunteer experiences. It is also for students requiring additional mental health support while enrolled in SEER classes.	None
CLSER 5	Beyond Blue	This depression management class is for students whose depression keeps them from living the life they want. By becoming as informed as possible and learning about skills and strategies to help overcome depression, students will learn to feel happy and hopeful again.	None
CLSER 7	Beyond Trauma	This class helps to create a healing process that allows individuals to recover from the effects of trauma in their lives.	None
CLEMP 1 - 10	Employment Seminar 1- 10	Through quarterly seminars, students will interact with their peers, teachers and employment program team members to discuss success strategies for the workplace.	Students must be participating in PACE's employment program.
CLEMP 30-34	Community Inclusion Seminar 1-4	Through quarterly seminars, students will interact with their peers, teachers and employment program team members to discuss strategies for successful integration into the community.	Students must be participating in PACE's employment program.
CLPTS 1	Workplace Readiness	Students participating in the Pre Employment Transition Services Summer Academy will learn workplace readiness skills in accordance with the PreETS contract.	Enrollment in PreETS Program
CLPTS 2	Internships	Students participating in the Pre Employment Transition Services Summer Academy internships will participate in this weekly seminar to share best practices with their peers, to cover topics related to employment, and to pick up their paychecks.	Enrollment in PreETS Program