

SEER Course Schedule Fall 2021

Quarter start and end dates: 9/20/2021 to 12/13/2021

No class 10/22/2021, 11/11/2021, 11/24-26/2021, 12/8/2021

Course #	Class Code	Course Name	Instructor	Days	Start time	End Time	Classroom (Lodge)
	ABE/GED	ABE GED/HS+ Learning Community	Varies	MTWTH	8:30 AM	12:30 PM	A
28237	CLSER 45	Individual Support Services	Hain, Ronda	Arranged	Arranged	Arranged	Conference Room
28257	CLSER 36	Transition to Work	Hain, Ronda	MW	8:30 AM	9:20 AM	Conference Room
28457	CLSTM 22	MS Office 1	Brehm, Mitch	MW	9:00 AM	10:20 AM	Computer Lab
28263	CLSER 26	Self-Compassion	Hain, Ronda	MW	9:30 AM	10:20 AM	Conference Room
28267	CLSER 1	Anxiety Relief	Hain, Ronda	MW	10:30 AM	11:20 AM	Conference Room
28460	CLSTM 23	MS Office 2	Brehm, Mitch	MW	10:30 AM	11:50 AM	Computer Lab
28271	CLSER 22	Journaling	Hain, Ronda	MW	11:30 AM	12:20 PM	Conference Room
28542	CLSTM 28	Video Editing and Production	Brehm, Mitch	MW	12:30 PM	1:50 PM	Computer Lab
28319	CLSER 40	SEER Support Group	Hain, Ronda	MW	1:00 PM	1:50 PM	Conference Room
28331	CLSER 5	Beyond Blue	Hain, Ronda	MW	2:00 PM	2:50 PM	Conference Room
28544	CLCOM 20	Sign Language 1	Brehm, Mitch	MW	2:00 PM	3:20 PM	Computer Lab
28335	CLSER 12	Financial Literacy	Hain, Ronda	TTH	8:30 AM	9:20 AM	Conference Room
28358	CLSER 35	Transition to College	Hain, Ronda	TTH	9:30 AM	10:20 AM	Conference Room
28535	CLSER 16	Getting Organized and Intentional	Hain, Ronda	TTH	10:30 AM	11:20 AM	Conference Room
28537	CLSER 10	Communication Matters	Hain, Ronda	TTH	11:30 AM	12:20 PM	Conference Room
28539	CLSER 24	Managing Anger	Hain, Ronda	TTH	1:00 PM	1:50 PM	Conference Room

All PACE classes are all also available to SEER students. See the PACE page for additional course offerings.

All classes are taught both Face-to-Face (F2F) or Online (OL) unless noted (both CLHW 4 classes are F2F only). Students need to indicate their preference for F2F or OL on their Enrollment Transaction Form.

Questions? Call PACE at 509-279-6033 or email us at paceservices@scc.spokane.edu.

Course Descriptions

<u>Prefix and Course Number</u>	<u>Course Title</u>	<u>Catalog Course Description</u>	<u>Prerequisites</u>
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 ad personal information, family and friends, home and daily living, etc. Students will also learn about deaf culture and history.	None
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 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 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 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
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.	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
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 28	Video Editing and Production	Students will expand their communication skills by learning to use a film editing application, such as iMovie.	CLSTM 25