



SEER Course Descriptions - Spring 2023

Course Name	Descriptions
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.
Beyond Blue	This depression management class is for students whose depression keeps them from living the life they want or effectively pursuing activities such as school/work. By learning about skills and strategies to help overcome depression, students will learn what action will allow them to feel happy and hopeful again.
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 living in shared living quarters.
Financial Literacy	Students will learn how to manage money even while on a limited or fixed income. The course covers key money concepts, including adding to your come through work, saving, and budgeting. An emphasis is placed on the way in which finances and mental health are intertwined.
Health & Wellness	This course explores four areas of wellness: social, emotional, physical/nutritional, and environmental wellness. These create the foundation for being able to function as a student, employee, and aids in management of mental health. The information presented will inform students what constitutes health across these domains and avenues for improving each.
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. This course follows the College and Career Readiness standards to prepare students for entering the workforce.
Managing Anger	The Managing Anger course focuses on providing students with the awareness, skills, and strategies necessary for recognizing and controlling angry feelings and actions whether these are directed towards themselves or towards others. Student's successful management of their emotions is crucial in work, academic, and personal settings.
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.
Tablets & Apps	In this class students will be introduced to a variety of technology devices, such as tablets, and learn how to use various applications. Prerequisite: CLSTM 20 or 22.
Too Much of a Good Thing	When does a seemingly good thing become excessive, and create problems in our lives? This all-too-common phenomenon affects countless people, and detracts from overall life satisfaction, progress, and productivity. This course looks at how and why addictions can develop, as well as ways to address this so it is less impactful in our lives.
Transition to Work	In the Transition to Work class, students learn about the work environment, necessary `soft` skills for competitive employment, resources/supports available to them and ways to use them effectively. Students will complete preparatory items before beginning their job search, or before pursuing educational opportunities (if they determine that would be beneficial).
Video Editing & Production	Students will expand their communication skills by learning to use a film editing application, such as iMovie. Prerequisite: CLSTM 25.
Wititing for Self-Discovery	The art of journaling is recognized as having long-standing benefits for emotional well-being, increased problem-solving skills, improved memory, as well as enhancing verbal/written expression in an academic or employment setting. Students will learn various formats and approaches to journaling and develop an at home journaling practice.

QUESTIONS? We love to help! Contact us at (509) 279-6033 or go to scc.spokane.edu/seer