

### SEER Courses - Winter 2022 Revised

Classes begin Tuesday January 4, 2022 and end Thursday March 24, 2022

No classes Monday January 17, Monday February 21, and Monday March 21, 2022.

State	Contract	Class Code	Start Time	End time	Class title	Instructor	Day	Lodge Classroom OR Synchronous Zoom
30271	30272	CLSER 45	ARR	ARR	Individual Support Services	Hain, Ronda	ARR	ARR
		ABE/GED	8:30 AM	12:00 PM	SEER GED/HS+ Learning Community	IT - Audrey Parks	MTWTH	C
30073	30074	CLSTM 21	9:00 AM	10:20 AM	Intro to On Line Learning	Brehm, Mitch	MW	Computer Lab or OL
30283	30284	CLSER 30	9:30 AM	10:20 AM	Skillful Sleeping	Hain, Ronda	MW	Conference Room or OL
30095	30096	CLSTM 22	10:30 AM	11:50 AM	Microsoft Office 1	Brehm, Mitch	MW	Computer Lab or OL
30298	30299	CLSER 10	11:30 AM	12:30 PM	Communication Matters	Hain, Ronda	MW	Conference Room or OL
30112	30113	CLSMT 25	12:30 PM	1:50 PM	Tablets and Apps**	Brehm, Mitch	MW	Computer Lab or OL
30178	30179	CLSTM 28	2:00 PM	3:20 PM	Video Editing and Production**	Brehm, Mitch	MW	Computer Lab or OL
30305	30306	CLSER 22	8:30 AM	9:20 AM	Journaling	Hain, Ronda	TTH	Conference Room or OL
29502	29503	CLSTM 20	9:00 AM	10:20 AM	Keyboarding	Edwards, Caley	TTH	Computer Lab or OL
30294	30295	CLSER 16	9:30 AM	10:20 AM	Getting Organized and Intentional	Hain, Ronda	TTH	Conference Room or OL
30281	30282	CLSER 1	10:30 AM	11:20 AM	Anxiety Relief	Hain, Ronda	TTH	Conference Room or OL
30354	30355	CLSER 18	11:30 AM	12:30 PM	Health and Wellness	Hain, Ronda	TTH	Conference Room or OL
30371	30372	CLSER 20	1:00 PM	1:50 PM	Know Thyself	Hain, Ronda	TTH	Conference Room or OL

Class Title	Description	Prerequisite
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
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
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
Video Editing and Production	Students will expand their communication skills by learning to use a film editing application, such as iMovie.	**CLSTM 25
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

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
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
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
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
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
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
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