

SEER Course Offerings

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

updated 11/18/2020

<u>Prefix and Course Number</u>	<u>Course Title</u>	<u>Catalog Course Description</u>	<u>Prerequisites</u>
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 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
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 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 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
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 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