

SEER SPRING 2021 QUARTER

Starts Monday April 5 and ends Thursday June 18, 2021

No classes May 5, May 31, and June 15, 2021.

<u>Course #</u>	<u>Days</u>	<u>Start Time</u>	<u>End Time</u>	<u>Class title</u>	<u>Instructor</u>	<u>Lodge Classroom OR Synchronous Zoom</u>
18700	ARR			Individual Support Services	Hain, Ronda	ARR
	MTWTH	8:30 AM	12:00 PM	ABE/GED	Dowling, Will	A or OL
17818	MW	9:00 AM	10:20 AM	Microsoft Office 1	Brehm, Mitch	Computer Lab or OL
18734	MW	9:30 AM	10:20 AM	SEER Support Group	Hain, Ronda	Conference Room or OL
17825	MW	10:30 AM	11:50 AM	Microsoft Office 2	Brehm, Mitch	Computer Lab or OL
18749	MW	10:30 AM	11:20 AM	Getting Organized and Intentional	Hain, Ronda	Conference Room or OL
18776	MW	11:30 AM	12:20 PM	Beyond Blue	Hain, Ronda	Conference Room or OL
17829	MW	12:30 PM	1:50 PM	Tablets and Apps	Brehm, Mitch	Computer Lab or OL
18789	MW	1:00 PM	1:50 PM	Journaling	Hain, Ronda	Conference Room or OL
18842	MW	2:00 PM	2:50 PM	Managing Anger	Hain, Ronda	Conference Room or OL
18845	TTH	8:30 AM	9:20 AM	Transition To College	Hain, Ronda	Conference Room or OL
18853	TTH	9:30 AM	10:20 AM	Financial Literacy	Hain, Ronda	Conference Room or OL
18861	TTH	10:30 AM	11:20 AM	Health and Wellness	Hain, Ronda	Conference Room or OL
18865	TTH	11:30 AM	12:20 PM	Anxiety Relief	Hain, Ronda	Conference Room or OL
18736	TTH	1:00 PM	1:50 PM	SEER Support Group	Hain, Ronda	Conference Room or OL
18873	TTH	2:00 PM	2:50 PM	Beyond Trauma	Hain, Ronda	Conference Room or OL

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.
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.
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.

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.
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.
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.
Tablets and Apps	Students will be introduced to a variety of technology devices, such as tablets, and learn how to use various applications.
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.
Managing Anger	This course focuses on providing students with the skills and strategies necessary for recognizing and controlling angry feelings and actions. No
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.
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.
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.
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.
Beyond Trauma	This class helps to create a healing process that allows individuals to recover from the effects of trauma in their lives.