



Spring 2026 – Course Descriptions (February 9th – May 15th \$900 per class)

Communicate with Confidence #1004 – This class is designed to develop and improve oral communication through the principles of group process and discussion. Students will research and deliver a variety of speeches designed to inform and expand their abilities to resolve conflict through communication.

Nutrition “Good for you, Good for the Planet” #1021 – This course will provide an overview on basic nutrition for both body and mind. We will discuss healthy food choices, eating for physical and mental health, the role of mass food production and its effect on the planet and Sustainability by local farming. Students will be required to keep a “food journal” and review positive choices made for everyday life.

Fit Club #1025 – This class will focus on the body and how our muscles work. For the first half of each class, we will discuss a particular body part and muscle group to learn how our bodies move and flex. After examining this muscle group, the students will learn the best exercise to gain strength and wellness. During the semester the students will learn to design their own fitness program based on their own specific needs.

Art & Words #1031 – The focus of this course will be on developing student creativity in both poetry and art by using oil pastels, collage, paint and words. For inspiration, students will observe various works of art and learn to develop connections between paintings and the art of poetry.

Numbers Game #1048 – Get ready to discover the exciting side of math! In this interactive class, students will explore numbers, patterns, and problem-solving through hands-on activities that feel more like play than work. Using cards, dice, puzzles, and games, etc. learners will practice essential math skills such as addition, subtraction, multiplication, division, and logical reasoning.

The Age of Music #1050 – Music has the power to inspire, connect, and tell the story of generations. In this fun-filled and interactive class, students will embark on a journey through musical genres that have shaped our world. Students will participate in group discussions, and creative activities to discover how music reflects history, identity, and community.

Where in the World is? #1052 – This class will focus on exploring the geographical world. Students will learn to identify the earth’s natural wonders, manmade architecture and historical locations in foreign lands. We will make our own passports and virtually “travel” the globe experiencing the world from our classroom. Discovering the wonders of the world through iconic images and geography will be an exciting thought provoking experience for all students.

Creative Writing/Get to know the Villains #1066 – In this class students will explore the motives behind our cultures most infamous villains. Through group discussions, students will analyze traits, debate whether villains are misunderstood and uncover the true reasons behind their actions. Student will reimagine a villain’s fate by rewriting their story, developing outlines, brainstorming with peers, and practicing plot development.



Word Games #1086 – In this fun class students will practice and strengthen their reading abilities through the power of play. Using classic word games such as Boggle, Scrabble, and a variety of puzzles, we will work on expanding vocabulary skills and building confidence through creativity. Students will discover new words, explore their meanings, and learn how to use them confidently.

Geography of the United States #1094 – This course takes students on a historical journey across the United States, delving into the rich tapestry of its diverse regions and iconic landmarks. From the bustling streets of New York City to the serene landscapes of the Grand Canyon, students will uncover the historical, cultural, and social significance of each location, fostering an understanding of America's past and its impact on the present.

Reading and Writing for the College Student #1105 – This course will focus on developing and enhancing students' reading and writing. We will work to strengthen core literacy skills in a supportive and engaging environment by breaking down how sentences are formed, improving grammar and practicing reading comprehension. Students will participate in group discussions and present their writing to the class to help build confidence and share experiences.

We the Jury #1107 – This course will focus on the jury system including roles of the judge, jury, attorneys, and other members of the court room. The class will explore ethics & moral issues faced in the courtroom in addition to researching famous cases in history.

Autobiography #1108 – *"It is no bad thing to celebrate a simple life"* - JRR Tolkien. In this course, students will explore the lives of cultural icons by engaging directly with their words and stories. Building on these insights, students will begin crafting their own autobiographies to highlight their personal experiences, values, and visions for a brighter future. Together, we will discuss their journeys, uncover their personal accomplishments, and work to articulate their ideas as individuals.

Celebrations Around the World #1113 – From the dazzling festivals of India to the vibrant Day of the Dead, Mardi Gras, and Rio's Carnival, this course will introduce us to the diverse celebrations practiced by cultures around the world. Students will investigate both renowned and obscure holidays and events, exploring how different societies shape their traditions. Through in-depth research and discussion, students will gain a profound understanding of global cultural practice.

Effects of Social Media on Society #1126 – This course examines the powerful role of social media in shaping modern society, politics, business, and everyday communication. Students will explore how digital platforms influence the way we connect, learn, and engage with the world. Topics include online etiquette, digital privacy, and internet safety.

3rd Rock from the Sun: Confronting Climate Change #2017 - As ever-present and unchanging as our planet and environment seems, life on earth is precariously balanced on thousands of different systems that need to work together. This class will explore the planet's climate, and how our actions have been affecting it over the last few hundred years.



In the Kitchen with... #2059 – This everyday cooking series aims to introduce students to menu planning and simple meal preparation. Practicing these valuable life skills will foster students' independence and instill confidence in using basic kitchen utensils. Our recipes will be inspired by the stories, cultural traditions, and travel experiences of our students and staff. Whether it's called spaghetti or Lo Mein, dumpling, or pierogi, or you're a vegetarian, pescatarian, or carnivore, our favorite topic is always food, and we are ready to share.

Social Consciousness in Fashion #2061 – How does the clothing we choose reflect our personal identity? In what ways has the transformation of fashion over the decades echoed changes in society? Through discussion and research, we will learn about history and the events which impact fashion and its connection to our individual and collective expression.

Ink and Imagination: The Art of Personal Expression. #2075 – From words and images to ink and tattoos this class will focus on self expression. Students will examine the cultural history of body art as a symbol of individuality and uncover how subtle marks like handwriting reflect deeper aspects of our personality. Through creative writing to introspective journaling this class will help students develop a strong voice and learn to express themselves with clarity and confidence.

Peace, Power and Polyester-The 1970's Cultural Revolution #2076 – Step back with us into the 1970's as we explore the key events, trends and cultural shifts that defined the era. From the rise of disco and glam rock to the impact of civil rights, feminism, and environmental activism, we'll unpack the key events and shifting attitudes that redefined identity and inspired change. This history course will help students explore the colorful contradictions of the '70s, so we can develop a deeper understanding of how history continues to echo into today.

The Origin of Food #2078 – One of the greatest feats of our modern society is the amount of access we have to food from around the world. But what about the ingredients themselves, do they also come from the cultures we associate them with? In this class, from Italian and Chinese to Indian and Thai, students will trace the origins of familiar fruits, vegetables, and grains to uncover how they traveled across time and borders to become staples of our culinary world today.

Sloth and Found #2083 – Going, going gone! According to google approximately 150 species of animals and plants may be going extinct every day. From the giant ground sloth to the Paradise parrot, students will learn about the endangered species fighting for survival today and those who are known only through writing. In this informative and thought provoking class students will discover how extinction happens, why it matters, and how humans can make a difference.

Realm of the Rodent #2084 – This is the first class in a series exploring the diverse and fascinating world of rodents. Beginning with rats, students will learn about these intelligent, social, and remarkably adaptable creatures. In this fun, hands-on class, students will investigate the many roles' rat's play in our society. From wild rats navigating city life, to cherished pets at home, and even "hero rats" that assist people around the globe, students will gain a deeper understanding of our ecosystem and the circle of life.



Madness through the Ages #2085 – In this thought provoking class we will journey through the history of mental health practices. Students will learn how different societies have defined and treated the mind across the ages. By examining the past, students will gain fresh insights into the challenges and progress that continue to shape our personal health and wellness. From ancient myths and curious remedies to the rise of modern psychology we'll uncover the surprising twists and turns that shape our views of mental health.

Almost Famous/Art #2086 – In this hands on art class, students will dive into the fascinating work of the “famously un-famous”. These outsider artists encompass the work of self-taught individuals who often create without formal training or traditional artistic conventions. Drawing inspiration from their masterpieces, students will experiment with a wide range of techniques, subjects, and mediums to craft their own original body of work. Through exploration and play, we will discover how breaking rules can lead to unexpected beauty.

Psyched to Win #2087 – Ever wonder what gives elite athletes their mental edge? This course explores the fascinating intersection of psychology and sport, revealing how the mind is the most critical tool for achieving peak performance. This class will dive deeper into the mind-body connection. We will learn about the skills that athletes use to stay at the top of their game. Students can then apply these skills to their own lives.

Wild, Wild West II #2088 – The adventure continues! In this next chapter of our journey through the Wild West, students will step into the daily lives of ranchers, miners, railroad workers, and the communities that grew around them. Students will discuss the stories of cultural exchange, conflict, and innovation that shaped the frontier and transformed the nation. Together, we will discuss the lasting impact of westward expansion and how the legacy of the frontier still echoes in modern society.

ASL II #2089 – Our ASL series continues with new techniques and skill-building exercises designed to help students hold more natural conversations. This course emphasizes practical communication, introducing short dialogues and real-world signing practice. Through review and expansion of basic vocabulary and sentence structure, students will practice their fluency, expression, and basic language understanding.

Ink and Imagination II #2090 – Our imagination and the depth of our personalities are limitless. Students will continue to examine the cultural history of body art as a symbol of our individuality. Through a blend of creative writing, reflective journaling, and artistic exploration, students in this class will be encouraged to share their personal perspectives to help develop a stronger sense of identity and the ability to communicate it with authenticity.

Salsa 101: More Than Just Dance #2094 – This course introduces students to the rich history and cultural significance of salsa music. Students will examine the origins of salsa music and its development across Latin America. Through guided listening, research and discussion students will grow a deeper understanding of salsa as both a musical genre and a form of dance.

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