

THE GOALS CENTER FALL SCHEDULE SEPTEMBER 3-DECEMBER 31, 2013

******ALL CLASSES WILL TAKE PLACE AT OUR TEMPORARY LOCATION – 400 FOREST AVENUE,
BUTLER BUILDING ROOM A12 WHILE ROOF RENOVATIONS TAKE PLACE AT ECC ******

- MONDAY** 9:00 Skills of Human Interaction... During this semester we will learn how to improve our assertiveness, (through role play), how to give and receive constructive criticism, use verbal and nonverbal communication skills, and learn how to establish healthy boundaries in your life.
- 10:00 Habits of Success...This course is a continuation of the book, *"The 7 Habits of Highly Effective People"*. We will learn how to accept personal responsibility, "How to move forward", the skill of Interdependence and, Beginning with "The End in Mind".
- 11:00 Coping and Resilience to Reduce Stress ...Life often presents opportunities for reframing challenging situations. Learn to "bounce back", and de-stress when changes and stressors are thrown your way. Students will be asked to incorporate and practice skills learned in the class into their everyday lives.
- TUESDAY** 9:00-10:30 Computer Keyboarding...Learn the basics of navigating the computer keyboard. The emphasis will be on accuracy, not speed, so that students will have the opportunity to master the keyboard. This is a vital skill for everyone- as computers continue to be an integral part of our world.
- 10:30-12:00 Creative Writing...Students will learn to improve their self-expression-through shared thoughts, emotions, and opinions. Students will gain a better understanding of self and others. Creative writing can help students to refine their writing skills, gain confidence in their writing abilities, and boost self-esteem.
- WEDNESDAY** 9:00 Math Without Fear II...We will continue to explore the exciting concept of learning Decimals, Ratios, Percentages, Averages, Graphs, Order of Operations, and Measurements. We will finish with Statistics and a complete overview of our text. This class is ideal to prepare for GED and the ECC College Placement Exam.
- 10:00- Healthy lifestyles ...Improve your health and wellness! The most current information on health issues, nutrition, and health related issues will be shared so that students can make well informed choices to pursue a health conscious lifestyle.
- 11:00-Leisure Education...A well -developed "leisure life" is essential to make the most of "free time" and to maintain total well -being. In this class, we will examine our leisure needs, interests, and attitudes as we discover new ways to enrich our lives through recreational activities. Community exploration is also an integral part of this class.

THURSDAY 9:00-10:30...Set Up and Use Computer Components and Devices... During this semester students will learn how to connect the components and devices to create a functional home/office computer. Students will become comfortable with hooking up the power cords and cables from monitor, keyboard, mouse, printer, speakers, and external memory devices.

10:30-12:00... Reading Short Stories- Reading promotes recovery! It helps us to develop and improve concentration, focus, and stimulate our imagination and problem- solving abilities. It enables us to broaden our horizons of the world and develop an understanding of our place within it.

FRIDAY 9:00 - News/ Current Events...Start the day and the weekend knowing what is going on in your community, the nation, and the world. Politics, sports, and entertainment are only some of the areas we will explore and discuss

10:00 Where Are We? Everything You Need to Know About Geography...We will start with learning what geography is, and why a globe helps us to understand our planet. We will learn how to read a wide variety of maps and legends, including computer maps. We will orient ourselves to our surroundings, city, county, state, country, and even our galactic address.

11: 00 Wellness Self-Management...Take control of your life and your recovery! We will be using the OMH modules for choice, hope, action & involvement in your continued recovery. We will discuss ways to use coping skills for better physical and mental health. This class continues from last semester.

There will be no classes on the following holidays:

October 14, 2013 (Columbus Day)

November 11, 2013 (Veteran's day)

November 28 & 29, 2013 (Thanksgiving Recess)

GOALS Center Staff:

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